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Low Sugar Fruited Jell-O

Ingredients:

- 1 cup boiling water
- 1 (3-ounce) package sugar-free Jell-O, any flavor
- 1 cup orange juice
- 1 cup light fruit cocktail, drained

Makes 4 servings - 0% calories from fat

Instructions:

1. Add boiling water to dry gelatin in a medium sized bowl. Stir until dissolved.
2. Add orange juice and drained fruit, stir.
3. Chill 3-4 hours until gelled.

Note:

- Diabetic Exchange: 1 fruit.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 4%	• Vitamin C 45%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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