

## 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

### Instructions

1. Put dry gelatin in a medium bowl, then add boiling water. Stir until dissolved.
2. Add orange juice and drained fruit, stir.
3. Chill in refrigerator 3-4 hours until set.

### Note:

- For diabetic exchange: 1 serving equals 1 fruit exchange.
- If desired can put in a fancy dish or individual dishes before chilling.

### 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	

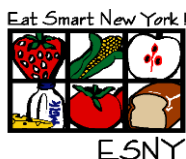
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

**Source:** Cornell Cooperative Extension Schoharie and Otsego Counties.

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