

Orange-Pineapple Gelatin

Meal Components: Fruits

Desserts, C-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 cups		1 qt	<ol style="list-style-type: none"> Combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat. Drain pineapple, reserving juice. For 50 servings, reserve 2 cups juice. For 100 servings, reserve 1 qt juice. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, approximately 30 minutes. Fold in pineapple, applesauce, and nuts (optional).
Unflavored gelatin	3 oz	3/4 cup	6 oz	1 1/2 cups	
Sugar	5 1/4 oz	3/4 cup	10 1/2 oz	1 1/2 cups	
Canned, crushed pineapple, in juice	3 lb 5 oz	1 qt 2 1/3 cups (1/2 No. 10 can)	6 lb 10 oz	3 qt 2/3 cup (1 No. 10 can)	
Frozen orange juice concentrate, reconstituted		3 qt 2 cups		1 gal 3 qt	
Canned applesauce	3 lb 6 oz	1 qt 2 cups (1/2 No. 10 can)	6 lb 12 oz	3 qt (1 No. 10 can)	

5. Pour 7 lb 12 oz (3 qt 1 ½ cups) of fruited gelatin into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Refrigerate overnight or until set.
7. Cut each pan 5 x 5 (25 portions per pan).

Serving	Yield	Volume
1 portion provides ½ cup of fruit.	50 Servings: 15 lb 8 oz	50 Servings: 2 steamtable pans
	100 Servings: 31 lb	100 Servings: 4 steamtable pans

Nutrients Per Serving					
Calories	91	Saturated Fat	0.02 g	Iron	0.27 mg
Protein	0.79 g	Cholesterol		Calcium	12 mg
Carbohydrate	22.84 g	Vitamin A	69 IU	Sodium	6 mg
Total Fat	0.12 g	Vitamin C	30.5 mg	Dietary Fiber	0.8 g