



Berry Blue Gelatin Dessert^K

Nutrition Facts

Serving Size 1/4c (19g) dry mix
Makes 1/2 cup prepared
Servings Per Container 35

Amount Per Serving	% Daily Value*
Calories 70	
Total Fat 0g	0%
Sodium 30mg	3%
Total Carbohydrate 17g	6%
Sugars 17g	
Protein 1g	

Vitamin C 25%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Corn Sugar, Gelatin, Acids, Acid, Sodium Phosphate, Sorbitol Citrate, Artificial Flavor, Ascorbic Acid (Vitamin C), Blue 1, Blue 1 Lake.

Artificial Flavor

Makes 35 - 1/2 cup servings

Directions:

1. Dissolve contents in 4 quarts (1 gallon) of very hot water* (160 - 180 F).
2. Pour into individual dishes, molds or shallow pans. Chill until firm, 1 hour or overnight. Serve.

TO ADD FRUIT: Chill gelatin until slightly thickened. Add drained, canned or frozen pineapple, papaya, figs, guava or kiwi fruit since they interfere with gel set.



P0433 DCBI, Savannah, GA 31412

NET WT 24 OZ (1.5 LBS) 680g

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