

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"> 1. Combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat. 2. Drain pineapple, reserving juice. For 50 servings, reserve 2 cups juice. For 100 servings, reserve 1 qt juice. 3. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, approximately 30 minutes. 4. Fold in pineapple, applesauce, and nuts (optional). 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
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)	
Chopped nuts (optional)	5 1/4 oz	1 1/4 cup	10 1/2 oz	2 1/2 cups	

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	Iron
Protein	1 g	Cholesterol	Calcium 12 mg
Carbohydrate	23 g	Vitamin A	69 IU
Total Fat		Vitamin C	31 mg
			Sodium 6 mg
			Dietary Fiber 1 g