

## Pacific Lime Mold25

Number of Servings: 25 (115.33 g per serving)

Amount	Measure	Ingredient
6.00	cup	Water, tap, municipal
2 1/2	cup	Pineapple, crushed, cnd, w/juice, drnd
2 1/2	cup	Cottage Cheese, sml curd
5.00	tsp	Horseradish
1 1/4	cup	Dressing, mayonnaise, light
1 3/4	oz	Gelatin, lime, sugar free, dry mix, svg

### Nutrients per serving

Nutrition Facts	
Serving Size (115g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 0%
*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	

### Instructions

-Heat water until boiling add lime sugar-free Jell-0, Mix thoroughly,  
Place additional ingredients in pan mold will set up in (pineapple, cottage cheese, horseradish, mayo) then pour Jell-0 mixture over the cottage chees-fruit mixture and stir in,. Place in Refrigerator to cool.

Cut into the # of pieces of the yield of the recipe you have prepared. Serve 1 piece/serving. 1 serving = 1/2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

#### Storing :

- Store refrigerated at an internal temperature of 38 - 40