

Upside Down Cheesecake w/Frt75

Number of Servings: 75 (233.15 g per serving)

Amount	Measure	Ingredient
4.00	oz	Gelatin, orange, sugar free, dry mix, svg
7 1/2	qt	Water, tap
7 1/2	lb	Cream Cheese, fat free
75.00	ea	Crackers, graham, honey, squares
4.00	cup	Topping, whipped, lite
2.00	gal	Mandarin Oranges, cnd, w/juice, drained

Nutrients per serving

Nutrition Facts	
Serving Size (233g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 8g	
Vitamin A 30%	Vitamin C 45%
Calcium 10%	Iron 4%
*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 300 mg
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

Recipe must be started the day or two before serving.

EACH .3 oz of sugar free jello = approx. 1 Tbsp & 1/6 tsp (enough for 5 servings)

Bring half of the water to a boil and dissolve sugar free orange or lemon gelatin in it. Stirring until well dissolved. Add the other half of the water. Let set at room temperature (cover) until the next a.m. It will be slightly gelled.

Warm cream cheese slightly in microwave to bring it to room temperature.

Line pan(s), that will hold the # servings being prepared, with the # of graham cracker squares called for in the recipe.

In mixer or blender mix cream cheese with 1/4 of the slightly gelled gelatin mixture until creamy. Add the rest of the gelatin mixture and blend well. Pour over graham cracker squares in pan. Refrigerate until set, at least 3 hours or more.

Cut into squares; serve 1/2 cup well drained fruit (kind of fruit can vary, fresh unsweetened fruit may be used) over cheesecake and add a tablespoon of light whipped topping.

1 serving = 1 carb serving and equals 1 fruit serving

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 F.

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