



WESTERN WISCONSIN HEALTH

FRESH ORANGE CRANBERRY SAUCE

- 3 C. water
- 3 C. (1 bag) cranberries
- 2 oranges, peeled
- 1 large box sugar-free berry jello

Nutrition Facts	
Serving Size (124g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 2g	
Vitamin A 2%	• Vitamin C 25%
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	

Grind cranberries and oranges. Boil water, and add cranberries and oranges. Gently boil for 10 minutes, and add jello, stirring until dissolved. Cool.

NUTRITION FACTS: Serving size: 2/3 cups per serving, 12 servings