

Acid Jellies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

270 min.

SERVINGS

servings

64

CALORIES

calories

19 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 envelopes gelatin powder
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 2 tablespoons lime zest grated
- ☐ 1.3 cups sugar
- ☐ 1.3 cups water

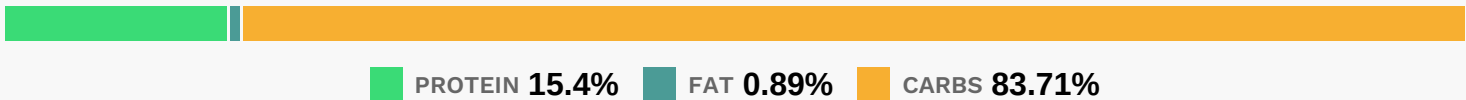
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ In small saucepan, combine 1/2 cup of water, gelatin, lime juice, and lemon juice. Set aside.
- ☐ In heavy small saucepan, place over medium heat, combine remaining 3/4 cup of water and 1 cup sugar and stir until sugar dissolves. Bring to a boil, cover and cook for 3 minutes.
- ☐ Remove lid and place candy thermometer on side of pan and cook until it reaches 300 degrees F.
- ☐ Remove from heat, add to gelatin mixture, return pan to low heat and stir constantly in order to dissolve gelatin completely.
- ☐ Add lemon and lime zest and stir to combine.
- ☐ Pour mixture into greased 8-inch by 8-inch pan and cool to room temperature. Do not refrigerate.
- ☐ Once cooled, cut into cubes and toss to coat in the remaining sugar. Store in airtight container for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.20086956331911%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 18.77kcal (0.94%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 0g (0%)

(100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin C: 1.32mg (1.6%), Copper: 0.02mg (1.04%)