

Almond Jelly

 Gluten Free

READY IN



190 min.

SERVINGS



6

CALORIES



156 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 2 cups milk
- ☐ 0.8 cup sugar
- ☐ 1 cup water

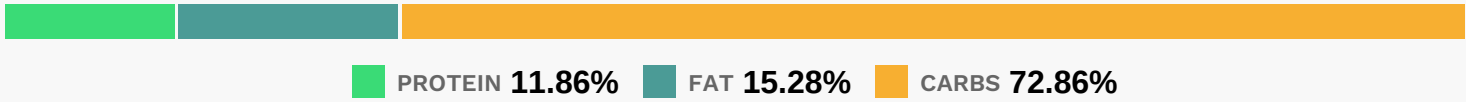
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Pour 1 cup water in a bowl; sprinkle the gelatin over the water; stir until the gelatin is partially dissolved. Set aside.
- ☐ Bring 1 cup water to a boil in a large saucepan. Reduce heat to medium-low and slowly pour in the gelatin mixture.
- ☐ Add the milk, sugar, and almond extract; stir until the sugar and gelatin are completely dissolved; pour mixture into a large, shallow container. Refrigerate until firm, 3 to 4 hours.
- ☐ Cut into small squares to serve.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.9, Inflammation Score:-1, Nutrition Score:2.9382609005855%

Nutrients (% of daily need)

Calories: 155.84kcal (7.79%), Fat: 2.69g (4.13%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 28.82g (10.48%), Sugar: 28.99g (32.21%), Cholesterol: 9.76mg (3.25%), Sodium: 37.85mg (1.65%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 4.69g (9.38%), Calcium: 102.88mg (10.29%), Phosphorus: 83.13mg (8.31%), Vitamin B12: 0.44µg (7.32%), Vitamin B2: 0.12mg (7.26%), Vitamin D: 0.89µg (5.96%), Selenium: 2.63µg (3.76%), Potassium: 124.36mg (3.55%), Vitamin B1: 0.05mg (3.08%), Vitamin B5: 0.31mg (3.07%), Copper: 0.06mg (3.03%), Magnesium: 10.79mg (2.7%), Vitamin A: 131.76IU (2.64%), Vitamin B6: 0.05mg (2.5%), Zinc: 0.34mg (2.3%)