



Blood Orange Jelly with Brandied Whipped Cream



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 cups strained blood orange juice fresh (from 2 dozen blood oranges)
- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup water
- ☐ 6 servings accompaniment: brandied whipped cream

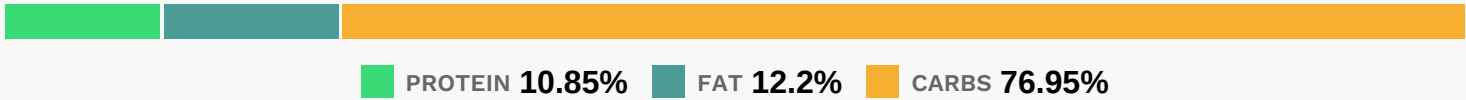
Equipment

- ☐ bowl

Directions

- ☐ Sprinkle gelatin over water in a large bowl and let soften 1 minute.
- ☐ Bring 1 cup juice just to a boil and add to gelatin mixture.
- ☐ Add sugar and a pinch of salt, stirring until sugar and gelatin are dissolved. Stir in remaining 3 cups juice.
- ☐ Pour mixture into mold and chill, uncovered, until set, about 8 hours.
- ☐ To unmold, dip mold into a bowl of hot water for just a few seconds. Shake mold from side to side, then invert onto a serving plate.
- ☐ • Blood oranges can be expensive. To cut costs, you could substitute 2 cups strained regular orange juice for 2 cups blood orange juice.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:13.37, Inflammation Score:-6, Nutrition Score:7.8013043209263%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 120.83kcal (6.04%), Fat: 1.69g (2.59%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 23.59g (8.58%), Sugar: 20.36g (22.62%), Cholesterol: 4.56mg (1.52%), Sodium: 7.81mg (0.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin C: 82.67mg (100.2%), Folate: 50.49µg (12.62%), Vitamin B1: 0.15mg (10.11%), Potassium: 339.98mg (9.71%), Vitamin A: 371.77IU (7.44%), Copper: 0.13mg (6.4%), Magnesium: 19.56mg (4.89%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 34.37mg (3.44%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.35%), Vitamin B3: 0.67mg (3.34%), Calcium: 26.2mg (2.62%), Iron: 0.36mg (2.02%), Selenium: 1.22µg (1.74%), Fiber: 0.33g (1.32%), Manganese: 0.03mg (1.3%)