



Cantaloupe in Port Jelly



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 large cantaloupe
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.8 cup port wine
- ☐ 0.3 cup sugar
- ☐ 0.8 cup water

Equipment

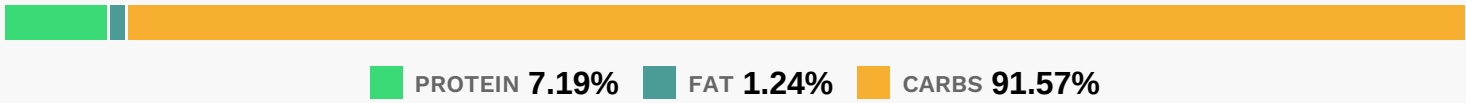
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ In a small saucepan sprinkle gelatin over water and let soften 1 minute.
- ☐ Heat gelatin mixture over moderate heat, stirring, until gelatin is dissolved.
- ☐ Add sugar and Port and simmer, stirring occasionally, 3 minutes.
- ☐ Remove pan from heat and stir in lemon juice. Cool Port gelatin to room temperature.
- ☐ Seed cantaloupe and cut into 1/4-inch-thick wedges. Discard rind and cut enough wedges crosswise into 1/4-inch pieces to measure 1 cup. Divide melon among four 3/4-cup ramekins or bowls and pour Port gelatin over it. Chill jellies, covered, until set, at least 6 hours, and up to 1 day.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:11.25, Inflammation Score:-8, Nutrition Score:3.4369565067084%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 142.86kcal (7.14%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 22.48g (8.18%), Sugar: 20.03g (22.26%), Cholesterol: 0mg (0%), Sodium: 24.61mg (1.07%), Alcohol: 6.89g (100%), Alcohol %: 5.59% (100%), Protein: 1.8g (3.6%), Vitamin A: 1720.71IU (34.41%), Vitamin C: 6.27mg

(7.6%), Copper: 0.1mg (5.21%), Manganese: 0.08mg (3.84%), Potassium: 123.69mg (3.53%), Magnesium: 11.55mg (2.89%), Selenium: 1.76µg (2.51%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.45mg (2.26%), Folate: 7.95µg (1.99%), Iron: 0.33mg (1.81%), Zinc: 0.26mg (1.76%), Fiber: 0.41g (1.65%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 13.43mg (1.34%), Vitamin K: 1.37µg (1.31%), Vitamin B6: 0.02mg (1.07%), Calcium: 10.57mg (1.06%)