



Chile-Ginger-Mint Jellies

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



237 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 6 servings candied ginger thinly sliced
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 cup ginger fresh thinly sliced (4 ounces; no need to peel)
- ☐ 1 cup mint leaves fresh
- ☐ 2.3 teaspoons gelatin powder unflavored (almost one)
- ☐ 1 cup heavy cream chilled
- ☐ 1 tablespoons jalapeño chiles chopped (see Cooks' notes)
- ☐ 6 servings mint sprigs

- ☐ 0.5 cup sugar
- ☐ 3 cups water

Equipment

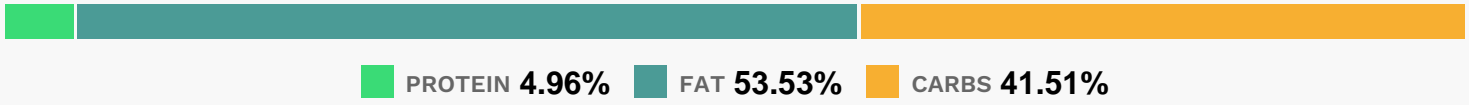
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Bring 2 1/2 cups water, ginger, sugar, and chiles to a boil in a 2-quart saucepan, stirring until sugar is dissolved. Reduce heat and briskly simmer for 10 minutes. Stir in mint, then remove pan from heat. Cover pan with a lid and let stand for 15 minutes. Strain ginger-mint tea through a fine-mesh sieve into a large liquid measuring cup or bowl.
- ☐ Sprinkle gelatin over remaining 1/2 cup water in cleaned saucepan and let stand for 1 minute to soften.
- ☐ Heat mixture over medium heat, stirring, until gelatin is dissolved, then stir mixture into ginger-mint tea until combined well.
- ☐ Measure liquid, and if it's less than 2 1/2 cups, add more water. If it's more, don't worry.
- ☐ Let mixture cool for 30 minutes, then divide among six (6- to 8-ounce) serving glasses. Chill jellies in a small baking pan, tops of glasses covered with a sheet of paper towel secured by plastic wrap, until set, at least 4 hours.
- ☐ Beat cream with sugar in a bowl with an electric mixer until it just holds soft peaks. Top jellies with cream, candied ginger, and mint sprigs.
- ☐ •Because the ginger contributes heat in addition to the chile, some members of the staff found the greater amount of chile a tad too spicy. If you're a chilehead, however, go for the full

amount, if not more. If you're chile-shy, then use the lesser amount, and know that the cream will temper the heat.•The sheet of paper towel placed over the glasses absorbs any condensation that might collect on the plastic, thereby preventing any drips back onto the jellies.•Jellies can be made 3 days ahead and kept chilled.

Nutrition Facts



Properties

Glycemic Index:19.52, Glycemic Load:12.04, Inflammation Score:-6, Nutrition Score:4.3169565356296%

Flavonoids

Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 237.12kcal (11.86%), Fat: 14.58g (22.44%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 24.38g (8.86%), Sugar: 21.53g (23.92%), Cholesterol: 44.82mg (14.94%), Sodium: 24.73mg (1.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin A: 971.13IU (19.42%), Vitamin C: 6.71mg (8.13%), Manganese: 0.14mg (7.09%), Vitamin B2: 0.11mg (6.56%), Copper: 0.12mg (6.12%), Calcium: 54.26mg (5.43%), Magnesium: 18.34mg (4.59%), Potassium: 159.27mg (4.55%), Fiber: 1.07g (4.28%), Vitamin D: 0.63µg (4.23%), Phosphorus: 35.89mg (3.59%), Folate: 14.16µg (3.54%), Iron: 0.6mg (3.34%), Vitamin E: 0.5mg (3.31%), Vitamin B6: 0.06mg (3.05%), Selenium: 2.02µg (2.89%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.72%), Vitamin K: 1.75µg (1.66%), Vitamin B3: 0.32mg (1.62%), Vitamin B1: 0.02mg (1.35%), Vitamin B12: 0.06µg (1.06%)