



Chocolate orange spider jellies

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



64 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1l orange juice
- 6 strips gelatin powder
- 25 g chocolate dark

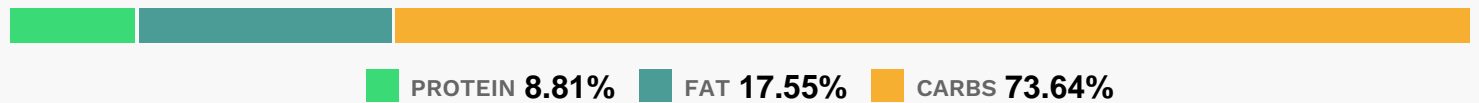
Equipment

- bowl
- frying pan
- baking sheet
- microwave

Directions

- Heat the orange juice in a medium-size pan until nearly boiling. Cover the gelatine with cold water and leave for 5 mins until spongy and softened. Squeeze out any excess water. Take the pan off the heat and stir in the gelatine until dissolved.
- Let the mixture cool a little, then divide between 10 serving dishes.
- Place in the fridge for at least 5 hrs, or preferably overnight.
- Cover a baking sheet with some baking parchment. Melt the chocolate either in the microwave (1-2 mins should do it) or in a bowl set over a small pan of boiling water.
- Pour the melted chocolate into a small freezer bag. Make a piping bag by snipping off a tiny piece of one corner. Now pipe out 10 spider-web shapes onto the baking parchment: pipe a circle with a smaller circle inside, then pipe lines coming out from the centre like the spokes of a wheel.
- Place the chocolate spider webs in the fridge to harden. Just before serving, carefully peel away each spider web from the parchment and place on top of a jelly.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:5.76, Inflammation Score:-4, Nutrition Score:5.2556521150729%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 64.13kcal (3.21%), Fat: 1.28g (1.96%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.57g (4.21%), Sugar: 9.4g (10.45%), Cholesterol: 0.08mg (0.03%), Sodium: 2.72mg (0.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 52.41mg (63.53%), Folate: 31.63µg (7.91%), Potassium: 227.62mg (6.5%), Vitamin B1: 0.1mg (6.36%), Copper: 0.1mg (5.16%), Magnesium: 17.36mg (4.34%), Vitamin A: 210.62IU (4.21%), Manganese: 0.06mg (3.2%), Iron: 0.51mg (2.85%), Phosphorus: 25.75mg (2.58%), Vitamin B3: 0.45mg (2.23%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.1%), Vitamin B2: 0.03mg (2.05%), Fiber: 0.48g (1.93%), Calcium: 13.69mg (1.37%)