



Clementine & prosecco jellies



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



6

CALORIES



49 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 7 leaves gelatin powder
- ☐ 600 ml clementine juice (from 14 clementines)
- ☐ 1 sheet edible gold dust (available from squires-shop.com)
- ☐ 300 ml frangelico
- ☐ 300 ml frangelico

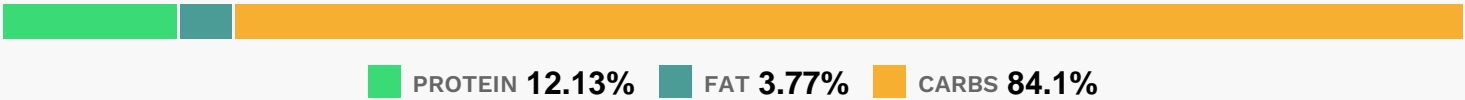
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the gelatine sheets into a bowl of cold water to soften for a few mins. Put 100ml clementine juice into a small pan and gently heat. When the gelatine feels soft and the juice is just simmering, remove the juice from the heat and squeeze out any excess water from the gelatine sheets. Drop the sheets into the hot juice and swirl to melt. Make sure there are no visible lumps of gelatine before you move onto the next stage.
- ☐ Stir the hot juice into the rest of the juice with the prosecco, then transfer to a jug.
- ☐ Pour between 6 small glasses. Sit the jellies in a small tray or dish, cover with a sheet of cling film and chill for at least 4 hrs (or up to 48 hrs) until set.
- ☐ When ready to serve, use a pair of tweezers to carefully put a piece of gold leaf on the surface of each jelly.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.1639130880003%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 17.86mg, Hesperetin: 17.86mg, Hesperetin: 17.86mg, Hesperetin: 17.86mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 48.8kcal (2.44%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 10.34g (3.76%), Sugar: 10.34g (11.48%), Cholesterol: 0mg (0%), Sodium: 3.33mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin C: 30.69mg (37.2%), Potassium: 186.02mg (5.31%), Vitamin A: 264.13IU (5.28%), Vitamin B1: 0.06mg (3.99%), Copper: 0.05mg (2.57%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.61mg (2.15%), Manganese: 0.04mg (1.99%), Calcium: 19.43mg (1.94%), Phosphorus: 15.07mg (1.51%), Vitamin B2: 0.02mg (1.39%), Folate: 5.57µg (1.39%), Vitamin B5: 0.13mg (1.32%), Iron: 0.22mg (1.23%)