

Coffee Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



370 min.

SERVINGS



4

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups hot-brewed coffee fresh brewed
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 2 tablespoons water hot
- ☐ 3 tablespoons sugar white

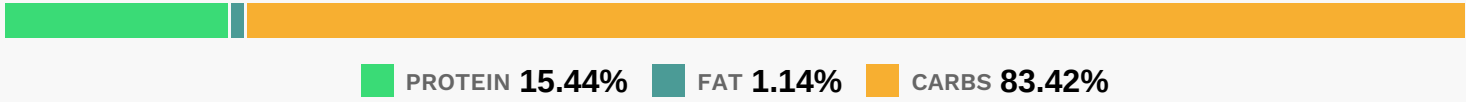
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Dissolve gelatin in the hot water in a small bowl.
- ☐ Pour gelatin mixture, coffee, and sugar in a saucepan and bring to a boil over high heat.
- ☐ Pour coffee mixture into glasses for individual servings or a large pan for cubing. Chill in the refrigerator until solidified, 6 to 7 hours.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:0.8895652057684%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 41.77kcal (2.09%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.96g (2.99%), Net
Carbohydrates: 8.96g (3.26%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 6.31mg (0.27%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Caffeine: 47.4mg (15.8%), Protein: 1.66g (3.32%), Vitamin B2: 0.1mg (5.64%), Vitamin
B5: 0.3mg (3.03%), Copper: 0.04mg (2.12%), Potassium: 58.53mg (1.67%), Manganese: 0.03mg (1.47%), Vitamin B1:
0.02mg (1.14%), Vitamin B3: 0.23mg (1.14%), Selenium: 0.75µg (1.08%)