



Cran-Raspberry Jellies



Gluten Free



Dairy Free



Low Fod Map

READY IN



520 min.

SERVINGS



50

CALORIES



49 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 9 ounce raspberry-flavored jell-o® mix
- ☐ 1 cup sugar white
- ☐ 16 ounce jellied cranberry sauce canned

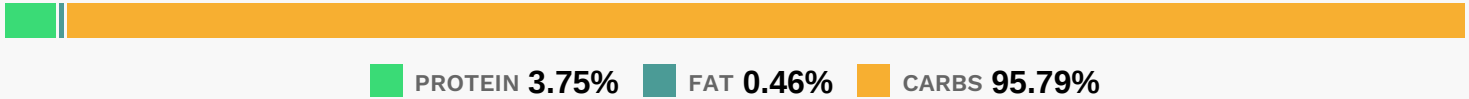
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Line an 8x8-inch pan with waxed paper; coat the paper with vegetable oil.
- ☐ Combine 1 cup sugar, jellied cranberry sauce, and raspberry Jell-O® mix in a saucepan over medium heat, stirring until sugar and gelatin have dissolved. Bring to a boil, reduce heat to low, and simmer 20 minutes, stirring often.
- ☐ Mix walnuts into candy.
- ☐ Pour candy into prepared pan and let set at room temperature overnight.
- ☐ Cut candy into squares and roll squares in sugar.
- ☐ Place sugared candies onto waxed paper to set.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:2.79, Inflammation Score:0, Nutrition Score:0.19086956532429%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 49.27kcal (2.46%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 12.17g (4.42%), Sugar: 11.27g (12.52%), Cholesterol: 0mg (0%), Sodium: 24.27mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%)