



Cranberry and Tart Apple Gelees



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



100

CALORIES



36 kcal

DESSERT

Ingredients

- ☐ 1 cup apple juice fresh
- ☐ 12 ounce cranberries fresh
- ☐ 5 cups apples i use 2 granny smith apples unpeeled coarsely chopped
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 ounce liquid pectin
- ☐ 1 cup orange juice fresh
- ☐ 1 cup sugar white

- ☐ 2.5 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 100 servings food coloring green yellow

Equipment

- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ glass baking pan

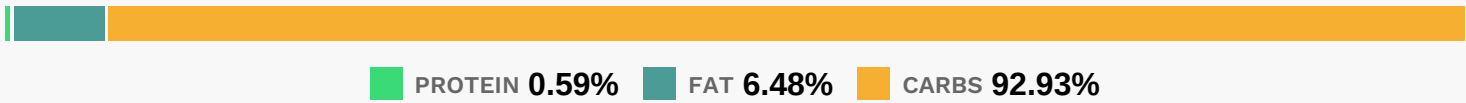
Directions

- ☐ Wipe 8x8x2-inch glass baking dish with damp cloth. Line dish with plastic wrap, pressing to adhere.
- ☐ Place small plate in freezer.
- ☐ Mix first 7 ingredients in heavy large saucepan; bring to boil. Reduce heat to medium; simmer uncovered until fruit is very tender, stirring often, about 15 minutes. Cool slightly. Working in batches, puree mixture in blender until smooth.
- ☐ Transfer puree to heavy medium saucepan. Stir in pectin and cloves. Bring to boil, reduce heat to medium, and simmer uncovered until puree is very thick (like applesauce), stirring frequently, about 50 minutes. (Gelée is done when 1/2 teaspoon puree placed on plate in freezer gels after 1 minute.)
- ☐ Transfer puree to prepared dish; smooth top.
- ☐ Let stand 2 hours at room temperature. Cover; chill gelée until firm, about 3 hours longer.
- ☐ Wipe 8x8x2-inch glass baking dish with damp cloth. Line dish with plastic wrap, pressing to adhere.
- ☐ Place small plate in freezer.
- ☐ Combine first 6 ingredients in large saucepan; bring to boil. Reduce heat to medium and simmer uncovered until fruit is very tender, stirring often, about 15 minutes. Cool slightly. Working in batches, puree mixture in blender until smooth.
- ☐ Transfer puree to heavy medium saucepan. Stir in pectin. Bring to boil, reduce heat to medium, and simmer uncovered until puree is very thick (like applesauce), stirring frequently, about 50 minutes. (Gelée is done when 1/2 teaspoon puree placed on plate in freezer gels

after 1 minute.) Stir in enough food coloring to obtain appealing green color (about 20 drops of green and 5 drops of yellow).

- ☐ Transfer puree to prepared dish; smooth top.
- ☐ Let stand 2 hours at room temperature. Cover; chill gelée until firm, about 3 hours longer.
- ☐ Invert both gelées onto work surface. Peel off plastic.
- ☐ Cut into 1-inch squares.
- ☐ Roll squares in sparkling sugar to coat. (Can be made 1 week ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:5.49, Inflammation Score:-1, Nutrition Score:0.39956521874537%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 36.33kcal (1.82%), Fat: 0.27g (0.42%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.53g (3.1%), Sugar: 8.24g (9.16%), Cholesterol: 0.6mg (0.2%), Sodium: 0.37mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Vitamin C: 2.2mg (2.67%), Fiber: 0.32g (1.28%)