



Cranberry Grappa Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



290 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4.5 cups cranberries fresh
- ☐ 0.5 ounce gelatin powder unflavored ()
- ☐ 1 cup grappa divided
- ☐ 8 servings garnish: sugared cranberries and sage leaves
- ☐ 1.8 cups sugar
- ☐ 1.8 cups water cold divided

Equipment

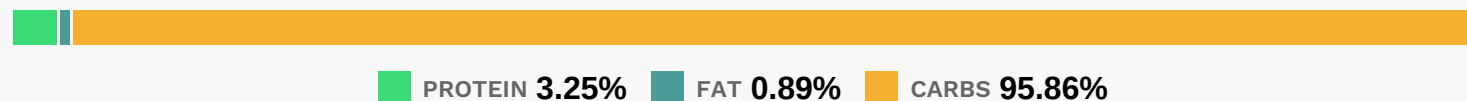
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Bring cranberries, sugar, 1 1/2 cups water, and 3/4 cup grappa to a boil in a 4- to 5-quart heavy pot, stirring until sugar has dissolved, then briskly simmer, partially covered, stirring occasionally, until most of berries have burst and mixture is thickened, 15 to 20 minutes. Strain through a large fine-mesh sieve into a 2-quart measuring cup or a bowl, pressing hard on and then discarding solids. (You will need 2 1/2 cups liquid.)
- ☐ Stir together gelatin and remaining 1/4 cup water and let stand 1 minute to soften. Bring 1 cup drained cranberry liquid to a simmer in a small saucepan, then add gelatin mixture and stir until just dissolved.
- ☐ Add gelatin mixture and remaining 1/4 cup grappa to remaining 1 1/2 cups cranberry liquid and stir well.
- ☐ Pour cranberry sauce into lightly oiled mold and chill, covered with plastic wrap, until firmly set, at least 12 hours.
- ☐ To unmold, dip mold in a large bowl of warm water (water should reach halfway up mold) for 5 seconds, then run tip of a thin knife around edge of mold. Tilt mold sideways and tap side against a counter, turning it, to evenly break seal and loosen jelly. Keeping mold tilted, put a plate over mold, then invert jelly onto plate.
- ☐ · Cranberry jelly can be chilled in mold up to 2 days.· Cranberry jelly can be unmolded 1 hour ahead and chilled or kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:32.67, Inflammation Score:-3, Nutrition Score:2.5713043510914%

Flavonoids

Cyanidin: 26.12mg, Cyanidin: 26.12mg, Cyanidin: 26.12mg, Cyanidin: 26.12mg Delphinidin: 4.31mg, Delphinidin: 4.31mg, Delphinidin: 4.31mg, Delphinidin: 4.31mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.65mg, Peonidin: 27.65mg, Peonidin: 27.65mg, Peonidin: 27.65mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.73mg, Myricetin: 3.73mg, Myricetin: 3.73mg, Myricetin: 3.73mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 290.08kcal (14.5%), Fat: 0.22g (0.33%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 50.42g (18.33%), Sugar: 48.18g (53.53%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 11.94g (100%), Alcohol %: 8.26% (100%), Protein: 1.78g (3.55%), Manganese: 0.21mg (10.51%), Copper: 0.2mg (10.21%), Vitamin C: 7.88mg (9.55%), Fiber: 2.03g (8.11%), Vitamin E: 0.74mg (4.95%), Vitamin K: 2.81µg (2.68%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.61%), Selenium: 1.02µg (1.46%), Vitamin B2: 0.02mg (1.39%), Potassium: 46.33mg (1.32%), Magnesium: 4.35mg (1.09%)