



Cranberry Pear Fruit Jellies



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



64

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 purée of usa bartlett pear ()
- ☐ 1 stick cinnamon (3-inch)
- ☐ 12 oz cranberries fresh
- ☐ 6 oz liquid pectin (not powdered)
- ☐ 3.8 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup water

Equipment

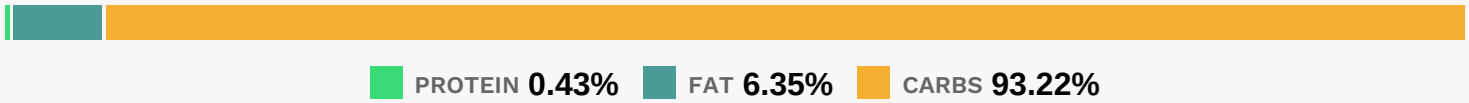
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Rinse pan with water and shake dry. Line bottom and sides of pan with plastic wrap, pressing into bottom and corners of pan to smooth. (Water helps the plastic wrap adhere.)
- ☐ Quarter and core pears, then cut into 1/2-inch pieces. (Do not peel.)
- ☐ Bring pears, cranberries, water, 2 3/4 cups sugar, butter, and cinnamon stick to a boil in a 4- to 6-quart heavy pot over moderately high heat, stirring occasionally. Reduce heat to low and simmer, covered, stirring occasionally, until cranberries burst and pears are tender, about 10 minutes.
- ☐ Remove and discard cinnamon stick, then carefully transfer hot mixture to a food processor and purée until smooth, about 1 minute. (
- ☐ Mixture will be thick). Force through a medium-mesh sieve back into same pot, pressing on solids with back of a spoon and discarding solids.
- ☐ Put a plate in freezer to chill.
- ☐ Mixture should remain in a firm mound and not run. If mixture runs, continue cooking and stirring and repeat test every 5 minutes.
- ☐ Remove from heat and immediately pour mixture into prepared pan. Gently tap sides of pan to smooth top and eliminate any air bubbles.
- ☐ Cool to room temperature, at least 1 hour, then cover surface directly with plastic wrap and chill until firm, at least 2 hours and up to 1 week.
- ☐ Unmold fruit mixture onto a cutting board and remove plastic wrap.
- ☐ Cut into 1-inch squares using a sharp knife. (For easier cutting, rinse knife with hot water, then dry it between cuts.)

Just before serving, spread remaining cup sugar in a shallow bowl and coat squares on all sides.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:8.79, Inflammation Score:-1, Nutrition Score:0.42608696424767%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.61mg, Peonidin: 2.61mg, Peonidin: 2.61mg, Peonidin: 2.61mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 56.38kcal (2.82%), Fat: 0.41g (0.64%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 13.13g (4.77%), Sugar: 12.73g (14.15%), Cholesterol: 0.94mg (0.31%), Sodium: 0.55mg (0.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Fiber: 0.53g (2.14%), Manganese: 0.03mg (1.61%), Vitamin C: 1.11mg (1.35%)