



Cranberry Rosemary Wine Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



8

CALORIES



419 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 48 ounce cranberries fresh thaw (14 cups; do not)
- ☐ 2 cups wine dry white
- ☐ 1 tablespoon gelatin powder unflavored (from three)
- ☐ 2 sprigs rosemary leaves fresh (5-inch)
- ☐ 3 cups sugar
- ☐ 3.7 cups water cold

Equipment

- ☐ bowl

- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Bring cranberries, sugar, wine, rosemary, and 2 2/3 cups water to a boil in a 6- to 8-quart pot, stirring until sugar is dissolved, then reduce heat and simmer, partially covered, stirring occasionally, until all berries have burst, 8 to 10 minutes.
- ☐ Pour into a large colander lined with dampened paper towels and set in a deep bowl, then let stand until all juices have drained through, 10 to 15 minutes, and discard solids. If you have more than 4 cups cranberry liquid, boil in a small saucepan until reduced; if less, add water to bring total to 4 cups.
- ☐ Stir together gelatin and remaining cup water in a clean small saucepan and let stand 1 minute to soften.
- ☐ Heat over moderate heat, stirring, until gelatin is dissolved. Stir gelatin mixture into cranberry liquid until combined.
- ☐ Pour cranberry mixture into lightly oiled mold (see cooks' note, below), skimming off any foam. Cool to room temperature, then cover with plastic wrap and chill until firmly set, at least 12 hours.
- ☐ To unmold, run tip of a thin knife between edge of mold and jelly. Tilt mold sideways and tap side of mold against a work surface, turning it, to evenly break seal and loosen cranberry jelly. Keeping mold tilted, invert a plate over mold, then invert cranberry sauce onto plate.
- ☐ • Stainless steel, glass, and enameled cast iron are nonreactive, but avoid pure aluminum and uncoated iron, which can impart an unpleasant taste and color to recipes with acidic ingredients in them. • Unmold the jelly onto a serving plate 2 to 3 inches wider than the mold to allow for spreading. Use a flavorless vegetable oil to brush the mold before filling. • Cranberry jelly can be chilled in mold up to 2 days.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:59.02, Inflammation Score:-6, Nutrition Score:6.9539131133453%

Flavonoids

Cyanidin: 78.98mg, Cyanidin: 78.98mg, Cyanidin: 78.98mg, Cyanidin: 78.98mg Delphinidin: 13.05mg, Delphinidin: 13.05mg, Delphinidin: 13.05mg, Delphinidin: 13.05mg Malvidin: 0.78mg, Malvidin: 0.78mg, Malvidin: 0.78mg, Malvidin: 0.78mg Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg Peonidin: 83.62mg, Peonidin: 83.62mg, Peonidin: 83.62mg, Peonidin: 83.62mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 7.76mg, Epicatechin: 7.76mg, Epicatechin: 7.76mg, Epicatechin: 7.76mg Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg, Epigallocatechin 3-gallate: 1.65mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 11.28mg, Myricetin: 11.28mg, Myricetin: 11.28mg, Myricetin: 11.28mg Quercetin: 25.27mg, Quercetin: 25.27mg, Quercetin: 25.27mg, Quercetin: 25.27mg

Nutrients (% of daily need)

Calories: 419.16kcal (20.96%), Fat: 0.46g (0.71%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 96.68g (32.23%), Net Carbohydrates: 90.55g (32.93%), Sugar: 82.69g (91.88%), Cholesterol: 0mg (0%), Sodium: 14.3mg (0.62%), Alcohol: 6.18g (100%), Alcohol %: 1.89% (100%), Protein: 1.57g (3.15%), Manganese: 0.69mg (34.34%), Vitamin C: 23.82mg (28.87%), Fiber: 6.13g (24.51%), Vitamin E: 2.25mg (14.97%), Vitamin K: 8.74µg (8.33%), Copper: 0.14mg (6.96%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.53mg (5.3%), Potassium: 180.48mg (5.16%), Magnesium: 17.51mg (4.38%), Vitamin B2: 0.06mg (3.49%), Iron: 0.6mg (3.34%), Phosphorus: 29.87mg (2.99%), Calcium: 23.57mg (2.36%), Vitamin A: 102.79IU (2.06%), Zinc: 0.24mg (1.63%), Vitamin B1: 0.02mg (1.58%), Selenium: 1.03µg (1.47%), Vitamin B3: 0.24mg (1.19%)