



Crushed Berries with Hibiscus Jelly

 Gluten Free

READY IN



400 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 8 servings poached berries
- ☐ 1.5 cups blackberries
- ☐ 1.5 cups blueberries
- ☐ 0.5 cup crème fraîche
- ☐ 1 cup hibiscus flowers dried
- ☐ 0.8 teaspoon gelatin powder unflavored
- ☐ 8 servings hibiscus jelly
- ☐ 3 cups raspberries

- ☐ 3 cups strawberries hulled sliced
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon ground grains of paradise* or mixed black with 1/4 tsp. ground cardamom finely
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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ potato masher

Directions

- ☐ Make jelly: Bring 1 cup water and the sugar to a boil in a small heavy saucepan over high heat, stirring occasionally to help sugar dissolve.
- ☐ Remove from heat and stir in hibiscus flowers. Cover and steep 15 minutes, then strain syrup into a small bowl and discard flowers. Meanwhile, pour 1/4 cup water into another small bowl.
- ☐ Sprinkle gelatin over and let soften 5 minutes.
- ☐ Whisk warm flower syrup into softened gelatin until dissolved. Chill at least 6 hours and up to 3 days. Stir the jelly to loosen before using.
- ☐ Crush berries: Right before serving, crush berries in a bowl with a fork, pastry blender, or potato masher.
- ☐ Spoon berries into 8 dessert bowls. Stir jelly with a fork to loosen, then spoon over berries. Top each bowl with a spoonful of crme frache and a sprinkling of grains of paradise.
- ☐ *Find hibiscus flowers (jamaica in Spanish) at Mexican markets. Grains of paradise look like black peppercorns but have a softer flavor that combines pepper with ginger, cardamom, coriander, and nutmeg. Find them online at savoryspiceshop.com
- ☐ Make-ahead & packing tips: Jelly, 1 to 3 days ahead; keep chilled in an airtight container. Crush berries at the beach.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:19.68, Inflammation Score:-6, Nutrition Score:10.030434857244%

Flavonoids

Cyanidin: 50.88mg, Cyanidin: 50.88mg, Cyanidin: 50.88mg, Cyanidin: 50.88mg Petunidin: 9.13mg, Petunidin: 9.13mg, Petunidin: 9.13mg, Petunidin: 9.13mg Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg, Delphinidin: 10.81mg Malvidin: 19.32mg, Malvidin: 19.32mg, Malvidin: 19.32mg, Malvidin: 19.32mg Pelargonidin: 13.98mg, Pelargonidin: 13.98mg, Pelargonidin: 13.98mg, Pelargonidin: 13.98mg Peonidin: 5.77mg, Peonidin: 5.77mg, Peonidin: 5.77mg, Peonidin: 5.77mg Catechin: 13.74mg, Catechin: 13.74mg, Catechin: 13.74mg, Catechin: 13.74mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 202.06kcal (10.1%), Fat: 3.53g (5.43%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 36.79g (13.38%), Sugar: 31.46g (34.96%), Cholesterol: 8.48mg (2.83%), Sodium: 14.45mg (0.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin C: 53.82mg (65.23%), Manganese: 0.79mg (39.48%), Fiber: 6.35g (25.4%), Vitamin K: 15.78µg (15.03%), Folate: 34.37µg (8.59%), Copper: 0.16mg (7.93%), Vitamin E: 1.11mg (7.37%), Potassium: 255.81mg (7.31%), Magnesium: 27.24mg (6.81%), Vitamin A: 271.65IU (5.43%), Vitamin B2: 0.09mg (5.31%), Iron: 0.92mg (5.12%), Calcium: 50.68mg (5.07%), Phosphorus: 50.56mg (5.06%), Vitamin B6: 0.08mg (4.16%), Vitamin B3: 0.81mg (4.03%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.3%), Selenium: 1.6µg (2.28%)