



Drink the Book: Arnie Palmer Jelly Shots



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



18

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoons agave nectar
- ☐ 0.5 cup tea unsweetened black brewed
- ☐ 1 envelope gelatin powder
- ☐ 1 cup granulated sugar
- ☐ 0.7 cup optional: lemon
- ☐ 4 medium optional: lemon cut into 8 wedges
- ☐ 18 servings simple syrup glaze
- ☐ 0.5 cup freshly tea sweet

☐ 0.3 cup vodka

☐ 1 cup water

Equipment

☐ frying pan

☐ sauce pan

☐ ladle

☐ loaf pan

Directions

☐ Combine all ingredients in a medium saucepan. Muddle the lemon wedges. Bring to a rolling boil over medium heat. Reduce heat to low and simmer for 5 minutes.

☐ Remove from the heat and strain immediately. Allow the syrup to cool to room temperature. Short cut: A 50-50 mix of frozen lemonade concentrate and water may be substituted for Lemon Syrup. Make sure to strain to remove any lemon pulp!

☐ Combine sugar and water in a medium saucepan.

☐ Heat over medium heat until the sugar is dissolved, about 5 minutes.

☐ Remove from the heat and allow to cool to room temperature.

☐ Prepare the Tea

☐ Pour the brewed tea into a small saucepan and sprinkle with the gelatin. Allow the gelatin to soak for a minute or two.

☐ Heat the mixture over very low heat, stirring constantly, until gelatin is dissolved, about 5 minutes.

☐ Remove from the heat and stir in the sweet tea vodka. Taste and add the simple syrup, if desired.

☐ Pour mixture into loaf pan and refrigerate until set, 1 to 2 hours. (When set, the mixture will be cloudy.) Prepare the Lemon

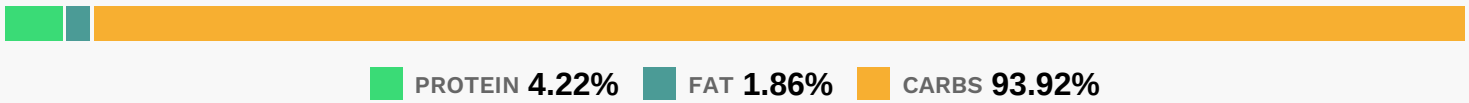
☐ Layer.

☐ Prepare the Lemon

☐ Pour the lemon syrup into a small saucepan and sprinkle with the gelatin. Allow the gelatin to soak for a minute or two.

- ☐
- Heat the mixture over very low heat, stirring constantly, until gelatin is dissolved, about 5 minutes.
- ☐
- Remove from the heat, and stir in the vodka. Allow the mixture to cool slightly.
- ☐
- Remove the set Tea
- ☐
- Layer from the refrigerator. Using a fork, rake the set mixture until small, uniform globules form. Ladle the Lemonade mixture into the pan over the Tea
- ☐
- Layer. Return the pan to the refrigerator until fully set, several hours or overnight.
- ☐
- To serve, cut into desired shapes. Makes 18 to 24 jelly shots.

Nutrition Facts



Properties

Glycemic Index:8.39, Glycemic Load:8.35, Inflammation Score:-2, Nutrition Score:1.6852173873264%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.77mg, Epicatechin 3-gallate: 0.77mg, Epicatechin 3-gallate: 0.77mg, Epicatechin 3-gallate: 0.77mg Epigallocatechin 3-gallate: 1.23mg, Epigallocatechin 3-gallate: 1.23mg, Epigallocatechin 3-gallate: 1.23mg, Epigallocatechin 3-gallate: 1.23mg Theaflavin: 0.21mg, Theaflavin: 0.21mg, Theaflavin: 0.21mg, Theaflavin: 0.21mg Thearubigins: 10.66mg, Thearubigins: 10.66mg, Thearubigins: 10.66mg, Thearubigins: 10.66mg Eriodictyol: 6.8mg, Eriodictyol: 6.8mg, Eriodictyol: 6.8mg, Eriodictyol: 6.8mg Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Theaflavin-3,3'-digallate: 0.23mg, Theaflavin-3,3'-digallate: 0.23mg, Theaflavin-3,3'-digallate: 0.23mg, Theaflavin-3,3'-digallate: 0.23mg Theaflavin-3'-gallate: 0.2mg, Theaflavin-3'-gallate: 0.2mg, Theaflavin-3'-gallate: 0.2mg, Theaflavin-3'-gallate: 0.2mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 68.13kcal (3.41%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 14.34g (5.21%), Sugar: 12.99g (14.44%), Cholesterol: 0mg (0%), Sodium: 3.21mg (0.14%), Alcohol: 1.48g (100%), Alcohol %: 2.49% (100%), Protein: 0.68g (1.37%), Vitamin C: 16.98mg (20.58%), Fiber: 0.89g (3.57%), Manganese: 0.04mg (1.96%), Potassium: 49.79mg (1.42%), Vitamin B6: 0.03mg (1.34%), Iron: 0.24mg (1.34%),

Copper: 0.03mg (1.25%), Folate: 4.44µg (1.11%)