



Drink the Book: Blue Hawaii Jelly Shots

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



180 min.

SERVINGS



18

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- 1 envelope gelatin powder
- 1 cup granulated sugar
- 18 servings optional: lemon
- 4 medium optional: lemon cut into 8 wedges
- 1.5 cups water

Equipment

- sauce pan
- ladle

loaf pan

Directions

For the Blue

Combine the pineapple juice and vodka in a small saucepan and sprinkle with the gelatin. Allow the gelatin to soak for a minute or two.

Heat over low heat, stirring constantly, until gelatin is fully dissolved, about 5 minutes. (Take care to use very low heat, to avoid overheating the alcohol.)

Remove from the heat and stir in the curaçao and rum.

Transfer mixture to loaf pan or molds and refrigerate for at least an hour or until fully set.

Combine the pineapple juice and 1/4 cup lemon syrup in a small saucepan and sprinkle with the gelatin. Allow the gelatin to soak for a minute or two.

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

Remove from the heat and allow to cool slightly.

Remove set Blue

Layer from refrigerator, and ladle the yellow gelatin mixture over the top. Refrigerate until fully set, several hours or overnight.

To serve, cut into desired shapes or unmold shots.

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!

For the Yellow

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:8.27, Inflammation Score:-1, Nutrition Score:1.5147826159778%

Flavonoids

Eriodictyol: 6.62mg, Eriodictyol: 6.62mg, Eriodictyol: 6.62mg, Eriodictyol: 6.62mg Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 53.07kcal (2.65%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.09g (4.76%), Sugar: 11.86g (13.18%), Cholesterol: 0mg (0%), Sodium: 2.48mg (0.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin C: 16.43mg (19.92%), Fiber: 0.87g (3.47%), Vitamin B6: 0.02mg (1.24%), Potassium: 43.06mg (1.23%), Copper: 0.02mg (1.19%), Iron: 0.2mg (1.09%)