



Elderflower Jelly with Honeydew Melon



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



350 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 ounce gelatin powder unflavored (5 teaspoons)
- ☐ 0.5 wedges honeydew melon
- ☐ 750 ml muscat pumpkin
- ☐ 9 inch orange zest
- ☐ 0.8 cup karo syrup white (not cordial)
- ☐ 0.7 cup sugar
- ☐ 2 cups water divided

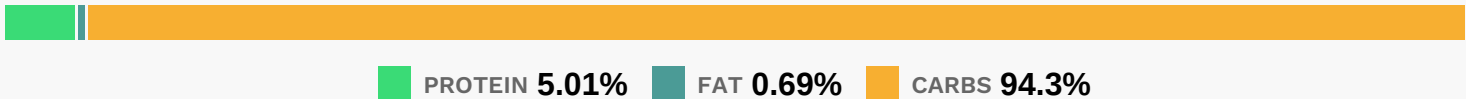
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ glass baking pan

Directions

- ☐ Simmer wine, sugar, and zest in a 2- to 3-quart saucepan, stirring occasionally, 4 minutes.
- ☐ Meanwhile, put 1 cup water in a small bowl and sprinkle with gelatin.
- ☐ Let gelatin stand 1 minute to soften.
- ☐ Discard zest from wine mixture, then add gelatin mixture and cook over medium heat, stirring occasionally, just until gelatin has dissolved.
- ☐ Remove from heat and stir in elderflower syrup and remaining cup water.
- ☐ Pour into a 13- by 9-inch glass baking dish and chill, covered, until softly set, at least 8 hours.
- ☐ Scoop melon balls with cutter and divide among glasses.
- ☐ Cut jelly into squares and serve over melon.
- ☐ • Jelly can be chilled up to 5 days.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:15.51, Inflammation Score:-5, Nutrition Score:3.735652151963%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 349.74kcal (17.49%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 70.78g (23.59%),
Net Carbohydrates: 69.52g (25.28%), Sugar: 56.21g (62.46%), Cholesterol: 0mg (0%), Sodium: 58.37mg (2.54%),
Alcohol: 11g (100%), Alcohol %: 3.65% (100%), Protein: 3.76g (7.51%), Vitamin C: 24.38mg (29.55%), Potassium:
252.1mg (7.2%), Folate: 22.12µg (5.53%), Vitamin B6: 0.1mg (5.04%), Fiber: 1.26g (5.03%), Copper: 0.09mg (4.72%),
Calcium: 44.84mg (4.48%), Magnesium: 12.81mg (3.2%), Vitamin B1: 0.05mg (3.05%), Vitamin K: 3.09µg (2.95%),
Selenium: 1.85µg (2.64%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.19mg (1.87%), Manganese: 0.03mg (1.61%),

Vitamin B2: 0.03mg (1.52%), Vitamin A: 69.34IU (1.39%), Iron: 0.25mg (1.38%), Phosphorus: 13.45mg (1.35%)