



Espresso and Chocolate Jellies

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



275 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup rum / brandy / coffee liqueur (recommended: Kahlua)
- 0.3 ounce gelatin powder unflavored (recommended: Knox)
- 0.3 cup heavy cream
- 0.5 cup heavy cream
- 2 tablespoons espresso powder instant
- 0.5 cup semi chocolate chips (recommended: Ghirardelli)
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract pure

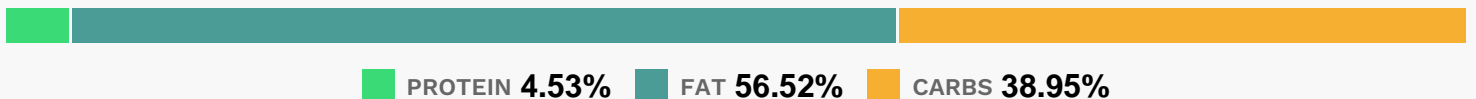
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- hand mixer

Directions

- Place the chocolate chips and cream in a small bowl.
- Place over a pan of barely simmering water and stir until the chocolate has melted and the mixture is smooth, about 5 minutes. Spoon the mixture into the bottom of 6 espresso cups. Refrigerate until set, about 20 minutes.
- Pour 1/2 cup water in a medium bowl.
- Sprinkle the gelatin on top and set aside for 5 minutes until softened. In a small saucepan, combine another 1/2 cup water, sugar, and espresso powder. Bring to a boil, whisking frequently, until the sugar has dissolved.
- Pour the espresso mixture over the gelatin and whisk until the gelatin has dissolved.
- Whisk in the coffee liqueur. Set aside to cool, about 15 minutes. Ladle the gelatin mixture over the chocolate layer. Refrigerate until set, about 1 1/2 hours.
- For the whipped cream: In a medium bowl, using an electric hand mixer, beat the cream on medium speed until thick.
- Add the vanilla and beat until the cream holds stiff peaks.
- Let the jellies stand at room temperature for 15 minutes. Dollop with whipped cream and serve.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:3.9886956487013%

Nutrients (% of daily need)

Calories: 275.31kcal (13.77%), Fat: 16.56g (25.48%), Saturated Fat: 10.16g (63.51%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.48g (8.9%), Sugar: 22.1g (24.56%), Cholesterol: 34.52mg (11.51%), Sodium: 13.39mg (0.58%), Alcohol: 2.25g (100%), Alcohol %: 4.14% (100%), Caffeine: 65.23mg (21.74%), Protein: 2.99g (5.97%), Manganese: 0.23mg (11.5%), Copper: 0.22mg (10.97%), Vitamin A: 444.83IU (8.9%), Magnesium: 34.23mg (8.56%), Phosphorus: 61.79mg (6.18%), Iron: 1.07mg (5.95%), Potassium: 173.22mg (4.95%), Fiber: 1.2g (4.8%), Selenium: 2.9µg (4.14%), Vitamin B2: 0.07mg (4.1%), Calcium: 32.08mg (3.21%), Zinc: 0.48mg (3.19%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.62mg (3.09%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.06µg (1.97%), Vitamin B5: 0.12mg (1.24%), Vitamin B12: 0.07µg (1.24%)