

Fruit Gel Babies

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- 1 tsp agar powder
- 1.5 cups apple juice
- 1 small combine everything in a bowl and chill
- 28 ounce fruit packed in juice canned

Equipment

- sauce pan

Directions

- Drain the juice completely from the can of fruit into a 2-cup measure.
- Add apple juice to equal a total of 2 cups of juice.
- Pour it into a saucepan, and sprinkle the agar over the surface. Set it aside to soften for a few minutes. Divide the fruit equally among the containers. (You may use 8–10 tiny containers or fewer larger ones.) Stir the agar into the fruit juice, and begin heating it. Cook, stirring regularly, until it reaches a boil. When it's boiling and all the agar seems to be dissolved, remove it from the heat. Spoon it equally over the fruit in the cups—you'll want to fill them almost to the top so that the gel won't slosh around in your child's lunchbox. Tap the bottom of each cup gently on the counter to remove any air bubbles.
- Let them cool on the counter; then put tops on the containers and place them in the fridge. These took a grand total of 10 minutes to make and less than an hour to firm up. Feel free to go all creative and add food coloring and interestingly shaped fruit if you want, though I have to say that the kids in my house didn't need any tricks to get them to eat these Babies.

Nutrition Facts

 PROTEIN 2.49%  FAT 1.75%  CARBS 95.76%

Properties

Glycemic Index:5.09, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:2.0021738921819%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 78.3kcal (3.92%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 18.18g (6.61%), Sugar: 15.64g (17.37%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Fiber: 1.68g (6.74%), Vitamin A: 300.12IU (6%), Vitamin K: 4.57µg (4.35%), Copper: 0.08mg (4%), Potassium: 135.41mg (3.87%), Vitamin C: 2.6mg (3.15%), Manganese: 0.06mg (3.09%), Vitamin B3: 0.42mg (2.11%), Iron: 0.37mg (2.05%), Vitamin B2: 0.03mg (1.87%), Magnesium: 7.38mg (1.85%), Phosphorus: 15.17mg (1.52%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.02mg (1.21%)