

Fruit Jellies

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



60

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.3 cups fruit cocktail in juice (any flavor)
- 4 packets gelatin powder (1 ounce total)
- 2.5 cups sugar
- 2 cups jam

Equipment

- bowl
- sauce pan
- whisk

- sieve
- baking pan
- measuring cup

Directions

- Place 2/3 cup juice in a small bowl or measuring cup and sprinkle with gelatin.
- Let sit 5 minutes. Meanwhile, in a medium saucepan, combine remaining 2/3 cup juice and 1 1/2 cups of the sugar. Bring to a boil over medium-high and cook, stirring, until sugar dissolves, 5 minutes.
- Add preserves and whisk to combine. Return to a boil and cook until thick and syrupy, 2 minutes.
- Add gelatin mixture and whisk until gelatin dissolves.
- Pour through a fine-mesh sieve into an 8-inch square baking dish. Refrigerate until set, 3 hours (or up to 2 weeks).
- Place remaining 1 cup sugar in a pie plate or shallow bowl.
- Cut fruit jelly into 1-inch squares. Toss in sugar to coat just before serving.

Nutrition Facts

■ PROTEIN **0.62%**
■ FAT **0.56%**
■ CARBS **98.82%**

Properties

Glycemic Index:2.76, Glycemic Load:10.29, Inflammation Score:0, Nutrition Score:0.2821739124863%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.35kcal (3.32%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 16.6g (6.03%), Sugar: 14.34g (15.94%), Cholesterol: 0mg (0%), Sodium: 4.06mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 1.05mg (1.27%)