

Fruit Jellies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



85 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 30 servings granulated onion organic (such as Hain)
- ☐ 3 cups granulated sugar
- ☐ 1.3 cups blood oranges fresh (pasteurized orange or pink grapefruit; or blood orange, lime, or lemon)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 ounces liquid pectin such as certo (you'll need two 3-oz. packs)

Equipment

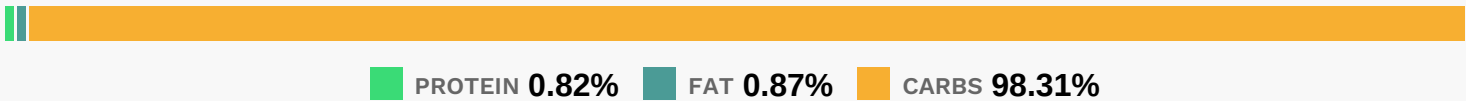
- ☐ frying pan
- ☐ pot

- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Line an 8-in. square baking pan with microwave-safe plastic wrap, pressing it up sides and leaving a 1-in. overhang. Spray plastic wrap with cooking spray.
- ☐ Pour citrus juice and granulated sugar into a 6-qt. pot and stir to combine. Clip a candy thermometer to inside of pan.
- ☐ Cook over medium-high heat, stirring constantly and slowly, until mixture registers 238 (just before the soft-ball stage, when it will harden), about 20 minutes.
- ☐ Add pectin and cook 1 minute more, stirring constantly.
- ☐ Remove from heat, stir in lemon juice, and immediately pour into prepared pan.
- ☐ Let set until cool and firm, about 1 1/2 hours.
- ☐ Lift from pan using plastic wrap and cut into 1-in. squares, circles, 3/4- by 1 1/4-in. rectangles, or 3/4- by 2-in. half-moons. Dip in coarse sugar. Store in an airtight container up to 1 week, dipping again right before wrapping if necessary (particularly with the more acidic flavors like lime, lemon, and grapefruit, which tend to get a little weepy).
- ☐ Box it: Crystal clear boxes, from \$2 5/25; clearbags.com

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:14.28, Inflammation Score:-1, Nutrition Score:0.70521738606951%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg

Nutrients (% of daily need)

Calories: 85.01kcal (4.25%), Fat: 0.09g (0.13%), Saturated Fat: 0g (0.02%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 21.38g (7.77%), Sugar: 20.8g (23.11%), Cholesterol: 0mg (0%), Sodium: 0.94mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Vitamin C: 4.88mg (5.91%), Fiber: 0.47g (1.86%)