



Ingredients

30 servings use granulated organic (such as Hain)
3 cups granulated sugar
1.3 cups citrus juice 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
Dii	rections
	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 11/2 hours.
	Lift from pan using plastic wrap and cut into 1-in. squares, circles, 3/4- by 11/4-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
	PROTEIN 0.82% FAT 0.87% CARBS 98.31%

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, Luteolin: 0.02mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.04mg, Que

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: Omg (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%)