



Gelatin Divinity



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounce cherry jell-o® mix flavored
- ☐ 0.8 cup plus light
- ☐ 2 egg whites
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup water
- ☐ 3 cups sugar white

Equipment

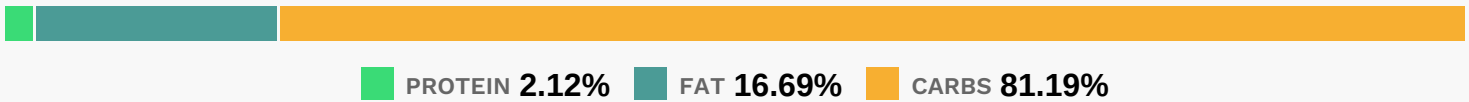
- ☐ frying pan

- ☐ sauce pan
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Butter a 9x13 inch glass baking dish, and set aside.
- ☐ Combine the sugar, corn syrup, and water in a saucepan over medium-high heat. Stir just to blend, then bring to a boil.
- ☐ Heat to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- ☐ Meanwhile, whip egg whites with an electric mixer until foamy.
- ☐ Sprinkle in the gelatin powder, and continue whipping until peaks form when the beaters are turned off and lifted.
- ☐ When the syrup reaches temperature, pour in a thin stream into the egg white mixture, mixing constantly on low speed. Increase to high speed once the syrup is in, and whip until the candy is stiff and loses its gloss. Fold in nuts, and spread into the prepared pan. Allow to stand until firm, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:19.03, Inflammation Score:-1, Nutrition Score:1.2930434848303%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 172.59kcal (8.63%), Fat: 3.38g (5.19%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 36.5g (13.27%), Sugar: 36.38g (40.42%), Cholesterol: 0mg (0%), Sodium: 27.89mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Manganese: 0.21mg (10.3%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.43%), Phosphorus: 17.95mg (1.8%), Fiber: 0.44g (1.74%), Zinc: 0.26mg (1.71%), Selenium: 1.13µg (1.62%), Magnesium: 6.02mg (1.51%), Vitamin B2: 0.02mg (1.36%)