



Grape and Elderflower Gelée



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 cups elderflower pressé
- ☐ 0.8 oz gelatin powder unflavored
- ☐ 1 drop food coloring red
- ☐ 0.8 cup sugar
- ☐ 2 cups grape juice white

Equipment

- ☐ sauce pan

Directions

- ☐ Combine 1 cup grape juice and sugar in a small saucepan and sprinkle with gelatin.
- ☐ Let gelatin stand 1 minute to soften.
- ☐ Cook over moderate heat, gently stirring occasionally, just until sugar and gelatin are dissolved.
- ☐ Remove from heat and stir in Elderflower Pressé, food coloring, and remaining cup grape juice.
- ☐ Pour into a 5-cup mold and chill, covered, until firm, at least 8 hours.
- ☐ Dip mold in hot water a few seconds, then invert a plate over gelée and flip gelée onto plate.
- ☐ • Gelée may be chilled (in mold) up to 2 days.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:20.94, Inflammation Score:-1, Nutrition Score:1.7117391419799%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg, Delphinidin: 1.94mg Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 190.47kcal (9.52%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 44.62g (16.23%), Sugar: 44.31g (49.23%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Manganese: 0.25mg (12.38%), Copper: 0.11mg (5.61%), Potassium: 106.53mg (3.04%), Magnesium: 11.06mg (2.76%), Selenium: 1.86µg (2.66%), Vitamin B2: 0.03mg (1.8%), Iron: 0.32mg (1.75%), Vitamin B6: 0.03mg (1.63%), Phosphorus: 15.83mg (1.58%), Calcium: 13.77mg (1.38%), Vitamin B1: 0.02mg (1.22%)