



Grape & rosemary jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



1

CALORIES



2878 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 kg grapes black with seeds, rinsed



300 ml red wine



4 rosemary



1 lemon zest



500 g jam sugar with pectin

Equipment



frying pan



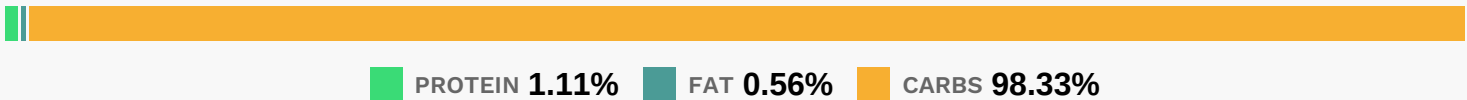
pot

- ☐ potato masher
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Tip the grapes into a pan with the wine and rosemary.
- ☐ Add water to cover the grapes.
- ☐ Add the lemon zest and bring slowly to the boil, stirring. Cover and simmer for 5 mins, then mash the grapes using a potato masher. Cook for a further 10 mins, mashing a few more times to crush the grapes.
- ☐ Tip the grape mixture into a jelly bag or muslin-lined colander and leave to drip through for at least a couple of hours, or overnight if theres time.
- ☐ Put 3 saucers in the freezer. Measure the juice (you will need 600ml) and return it to the pan.
- ☐ Add the sugar and lemon juice, and bring to the boil, stirring to dissolve the sugar and skimming off any scum that rises to the surface using a slotted spoon. When the sugar has dissolved, increase the heat and boil hard until setting point is reached. This should take about 5-10 mins. To test for set, remove the jelly from the heat and spoon a little onto one of the cold saucers. Push with a finger; if it wrinkles, it is ready. If not, boil for a min or so more and test again.
- ☐ Pot the jelly into small sterilised jars (see tip, below), seal and label. Store in a cool, dry place for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:80.37, Inflammation Score:-8, Nutrition Score:29.593478244284%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Petunidin: 6.03mg, Petunidin: 6.03mg, Petunidin: 6.03mg, Petunidin: 6.03mg Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg Malvidin: 42.12mg, Malvidin: 42.12mg, Malvidin: 42.12mg, Malvidin: 42.12mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 21.73mg, Catechin: 21.73mg, Catechin: 21.73mg, Catechin: 21.73mg

Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg
Epicatechin: 11.53mg, Epicatechin: 11.53mg, Epicatechin: 11.53mg, Epicatechin: 11.53mg Epicatechin 3–gallate:
0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg
Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg Naringenin: 5.39mg, Naringenin:
5.39mg, Naringenin: 5.39mg, Naringenin: 5.39mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin:
0.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.06mg, Isorhamnetin:
0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol:
0.27mg, Kaempferol: 0.27mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin:
3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg,
Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 2877.82kcal (143.89%), Fat: 1.68g (2.58%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 667.66g
(222.55%), Net Carbohydrates: 657.85g (239.22%), Sugar: 634.64g (705.15%), Cholesterol: 0mg (0%), Sodium:
32.73mg (1.42%), Alcohol: 32.26g (100%), Alcohol %: 2.26% (100%), Protein: 7.52g (15.05%), Vitamin K: 147.22µg
(140.21%), Potassium: 2309.91mg (66%), Copper: 1.31mg (65.56%), Manganese: 1.12mg (55.96%), Vitamin B6:
1.05mg (52.54%), Vitamin C: 39.98mg (48.47%), Vitamin B1: 0.71mg (47.39%), Vitamin B2: 0.8mg (47.11%), Fiber:
9.81g (39.23%), Iron: 5.16mg (28.69%), Phosphorus: 271mg (27.1%), Magnesium: 108.3mg (27.07%), Calcium:
137.51mg (13.75%), Vitamin A: 681.6IU (13.63%), Vitamin B3: 2.59mg (12.95%), Vitamin E: 1.91mg (12.77%), Zinc: 1.15mg
(7.69%), Folate: 25.05µg (6.26%), Vitamin B5: 0.61mg (6.1%), Selenium: 1.67µg (2.38%)