



Grapefruit Pâte de Fruit Candy

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



64

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups apple sauce unsweetened
- 0.5 teaspoon lime zest finely grated
- 2.5 cups granulated sugar
- 0.7 cup grapefruit juice freshly squeezed
- 1 tablespoon premium fruit pectin
- 4 drops food coloring red

Equipment

- sauce pan

- baking paper
- whisk
- baking pan
- kitchen thermometer
- cutting board
- candy thermometer

Directions

- Cut a 16-inch-long piece of parchment paper and fold over the edges so it measures 8 inches wide. Line an 8-by-8-inch baking pan with the parchment, seam-side down (the 2 long ends will hang over the edges). Be sure to fit the parchment as smoothly as possible into the dish, snugly creasing it into the corners; set the pan aside.
- Place 1 cup of the sugar, the applesauce, juice, and pectin in a medium saucepan and whisk to combine.
- Place over medium heat and bring to a simmer, stirring occasionally. Attach a candy thermometer to the saucepan, add 1 more cup of the sugar (set the remaining 1/2 cup aside), and cook, stirring occasionally, until the mixture reaches 220°F, about 20 to 25 minutes.
- Remove from the heat and remove the thermometer. Stir in the zest and the food coloring, if using.
- Pour the mixture into the prepared pan and refrigerate until set, about 2 to 3 hours. To remove the pâte de fruit from the pan, sprinkle 1/4 cup of the remaining sugar in a thin, even layer about the size of the baking pan on a cutting board. Invert the pan, and the pâte de fruit, onto the sugar and peel off and discard the parchment.
- Cut the pâte de fruit into 1-inch squares.
- Sprinkle the remaining 1/4 cup of sugar evenly over the top and toss the squares in the sugar to completely coat. Store in a covered container at room temperature or refrigerate for up to 2 weeks. (If the pâte de fruit absorbs the sugar coating, just toss the pieces with more sugar before serving.)

Nutrition Facts

 PROTEIN 0.28%  FAT 0.85%  CARBS 98.87%

Properties

Glycemic Index:2.35, Glycemic Load:5.58, Inflammation Score:0, Nutrition Score:0.12695652205983%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 34.37kcal (1.72%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.83g (3.21%), Sugar: 8.6g (9.56%), Cholesterol: 0mg (0%), Sodium: 0.7mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%)