



Herbed Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



23 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple jelly
- ☐ 1 rosemary sprig
- ☐ 2 tablespoons water
- ☐ 2 tablespoons citrus champagne vinegar

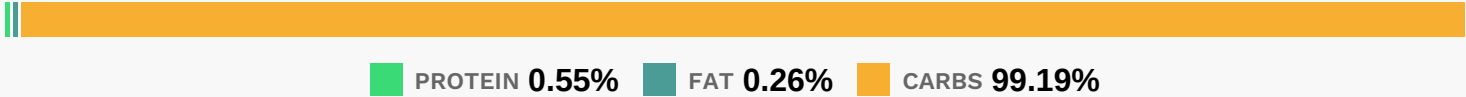
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a saucepan; bring to a boil.
- ☐ Remove from heat; stir well.
- ☐ Let stand 15 minutes; discard rosemary sprig.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:3.02, Inflammation Score:0, Nutrition Score:0.16956521870325%

Nutrients (% of daily need)

Calories: 22.79kcal (1.14%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.49g (2%), Sugar: 3.93g (4.36%), Cholesterol: 0mg (0%), Sodium: 2.78mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%)