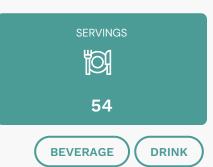


Hurricane Jelly Shots







Ingredients

1.5 ounce gelatin powder unflavored
2 tablespoons granulated sugar
1 cup juice of lime freshly squeezed (from 15 medium limes)
13 ounce maraschino cherries stemmed drained finely chopped (1 cup)
1 cup orange juice freshly squeezed (from 5 medium oranges)
2 cups passion fruit juice
10 drops food coloring red
1 cup rum dark black such as cruzan strap or myers's

	1.5 cups rum white		
	1 cup water		
Equipment			
	frying pan		
	sauce pan		
	knife		
	whisk		
	spatula		
	cutting board		
	serrated knife		
Di	Directions		
	Pour the dark rum and water into a medium saucepan and sprinkle the gelatin evenly over the surface.		
	Let stand undisturbed until the gelatin softens, about 3 minutes.		
	Add the sugar and whisk to combine.		
	Place the pan over low heat and whisk constantly, scraping down the sides of the pan with a rubber spatula as needed, until the gelatin and sugar dissolve and the mixture no longer feels grainy when rubbed between your fingers, about 3 minutes. (Do not let the mixture simmer, or the gelatin will not set properly.)		
	Pour the white rum into a large saucepan and sprinkle the gelatin evenly over the surface.		
	Let stand undisturbed until the gelatin softens, about 3 minutes.		
	Add the remaining ingredients and whisk to combine.		
	Place the pan over low heat and whisk constantly, scraping down the sides with a rubber spatula as needed, until the gelatin and sugar dissolve and the mixture no longer feels grainy when rubbed between your fingers, about 5 to 7 minutes. (Do not let the mixture simmer or the gelatin won't set properly.)		
	Remove from the heat.		
	Remove the dish with the dark rum layer from the refrigerator.		

	Nutrition Facts
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П	Serve immediately.
	it doesn't, return the pan to the hot water for another 5 seconds. Invert the jelly block onto a cutting board. Using a long slicing or serrated knife, press straight down through the jelly block (do not drag the knife through) and cut it into 54 (1-1/2-by-1-inch) pieces.
	Remove the pan from the water and tilt it: The jelly block should slide away from the edges. If
	about 10 seconds.
	dip the pan into a sink full of hot tap water, submerging it about halfway up the sides for
	between the jelly block and the edges of the pan. Being careful not to get any water inside,
	uncovered until the white rum layer is set, at least 2 hours.When ready to serve, run a knife
	Pour the white rum mixture over the dark rum layer. Return the pan to the refrigerator

PROTEIN 12.39% FAT 1.2% CARBS 86.41%

Properties

Glycemic Index:2.82, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:0.88217390490615%

Flavonoids

Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg Hesperetin: O.95mg, Hesperetin: O.95mg, Hesperetin: O.95mg, Naringenin: O.12mg, Naringenin: O.12mg, Naringenin: O.12mg, Quercetin: O.03mg, Quercetin: O.03mg,

Nutrients (% of daily need)

Calories: 49.13kcal (2.46%), Fat: 0.03g (0.05%), Saturated Fat: Og (0.03%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.78g (5.31%), Cholesterol: Omg (0%), Sodium: 2.84mg (0.12%), Alcohol: 3.71g (100%), Alcohol %: 11.26% (100%), Protein: 0.78g (1.55%), Vitamin C: 6.37mg (7.72%), Copper: 0.04mg (1.9%), Vitamin A: 80.09IU (1.6%), Potassium: 41.65mg (1.19%), Fiber: 0.26g (1.06%)