



Intense Fruit Gelées



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



623 min.

SERVINGS



32

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup light-colored corn syrup
- ☐ 3 ounce liquid fruit pectin (such as Certo)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup cranberry puree
- ☐ 1.5 cups sugar divided
- ☐ 0.3 cup apple sauce unsweetened

Equipment

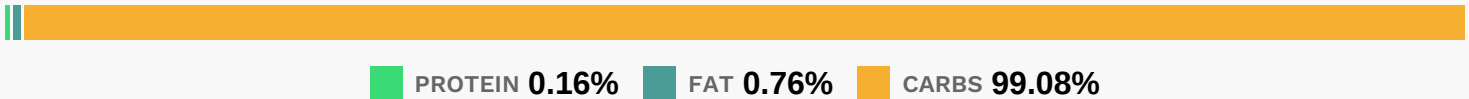
- ☐ frying pan

- ☐ sauce pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Line a 9 x 5-inch loaf pan with plastic wrap; coat plastic with cooking spray.
- ☐ Place 1 1/4 cups sugar, fruit concentrate or puree, applesauce, and corn syrup in a saucepan; bring to a boil. Cook until a thermometer registers 224 (about 10 minutes).
- ☐ Add pectin; bring to a boil. Cook 1 minute, stirring frequently.
- ☐ Remove from heat. Stir in lemon juice.
- ☐ Pour mixture into prepared pan; cool. Cover; let stand at room temperature overnight.
- ☐ Sprinkle top evenly with 1 tablespoon sugar. Invert gele onto a cutting board. Discard plastic.
- ☐ Cut into 32 pieces.
- ☐ Place remaining 3 tablespoons sugar in a shallow dish; gently roll geles in sugar.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:7.02, Inflammation Score:0, Nutrition Score:0.22869565345995%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.15mg, Peonidin: 1.15mg, Peonidin: 1.15mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg,

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 54.18kcal (2.71%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.96g (5.08%), Sugar: 11.69g (12.98%), Cholesterol: 0mg (0%), Sodium: 7.15mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Fiber: 0.33g (1.34%)