



## Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.1 teaspoon pepper red crushed
- 0.3 cup cranberries dried chopped (such as Craisins)
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 tablespoon orange juice fresh
- 1 teaspoon orange rind grated
- 0.5 cup raspberry fruit spread

## Equipment

sauce pan

## Directions

- Combine all ingredients in a small saucepan.
- Place over medium heat, and cook 4 minutes or until fruit spread melts, stirring often.
- Remove from heat; cool completely.

## Nutrition Facts

**PROTEIN 0.61%** **FAT 0.86%** **CARBS 98.53%**

## Properties

Glycemic Index:14, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:0.78565217424994%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 72.27kcal (3.61%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.63g (6.41%), Sugar: 13.24g (14.71%), Cholesterol: 0mg (0%), Sodium: 7.62mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 3.28mg (3.98%), Manganese: 0.05mg (2.45%), Fiber: 0.52g (2.08%), Copper: 0.03mg (1.27%), Vitamin B2: 0.02mg (1.09%)