



Kumquat & Lillet Gelée



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



4

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 servings food dye red yellow



0.3 cup lillet blanc



4 servings mint sprigs fresh for garnish



0.5 cup seltzer water



0.3 cup sugar

Equipment



bowl



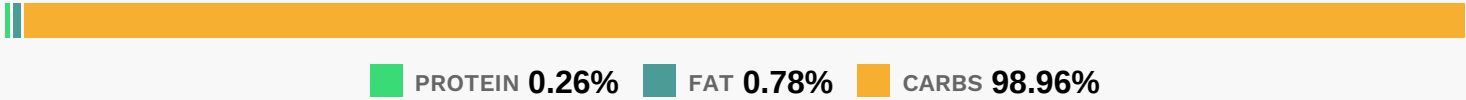
whisk

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Sprinkle gelatin over the cold orange in a small bowl.
- ☐ Add 1 drop each of red and yellow food dye.
- ☐ Let this mixture stand about 5 minutes. Then whisk the ingredients to dissolve the gelatin as much as possible.
- ☐ Add the Lillet, Prosecco, kumquacello, sparkling water, and sugar to a microwave safe bowl.
- ☐ Heat on high for 3 minutes, until almost to a boiling point.
- ☐ Remove the bowl carefully and whisk the mixture well, until sugar dissolves.
- ☐ Pour this over the softened gelatin, and whisk until gelatin dissolves.
- ☐ Pour mixture into an 8-inch square baking dish, or individual sized clear glass bowls. Refrigerate until set, at least 3 hours .
- ☐ Cut into 4 portions if you like, and garnish with fruit slices and mint.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:0.21521739362051%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 72.3kcal (3.61%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 14g (5.09%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 6.65mg (0.29%), Alcohol: 2.51g (100%), Alcohol %: 5.4% (100%), Protein: 0.04g (0.08%)