



Lemon-Sherry Jelly

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cinnamon sticks halved
- 2 cups sherry dry
- 0.8 oz gelatin powder plain
- 0.3 cup juice of lemon fresh
- 1 lemon zest
- 2 cups sugar
- 8 servings whipped cream
- 1.3 cups grape juice white

6 allspice whole

Equipment

bowl

frying pan

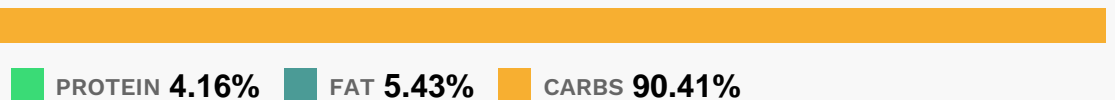
knife

sieve

Directions

- In a small metal bowl, stir 3/4 cup sherry, lemon juice and gelatin; let stand for 5 minutes. When gelatin softens, put bowl in a skillet of water over medium heat; stir until gelatin dissolves. Leave bowl in hot water but remove skillet from heat.
- Bring sugar, 1 1/2 cups water, grape juice and spices to a boil, stirring; boil for 10 minutes.
- Remove from heat; stir in gelatin and remaining sherry.
- Rinse a 9-by-13-inch pan with cool water; pour out excess. Push sherry mixture through a fine strainer and into pan.
- Let mixture come to room temperature; cover and refrigerate until set, at least 4 hours and up to 3 days.
- Just before serving, cut jelly into 1/2-inch pieces with a sharp knife.
- Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:35.57, Inflammation Score:-2, Nutrition Score:2.40391305089%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg

Peonidin: 0.42mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 294.13kcal (14.71%), Fat: 1.59g (2.44%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 59.35g (19.78%), Net Carbohydrates: 58.69g (21.34%), Sugar: 56.81g (63.12%), Cholesterol: 4.56mg (1.52%), Sodium: 11.43mg (0.5%), Alcohol: 6.18g (100%), Alcohol %: 4.68% (100%), Protein: 2.73g (5.47%), Manganese: 0.33mg (16.27%), Vitamin C: 4.02mg (4.87%), Copper: 0.08mg (3.82%), Magnesium: 12.39mg (3.1%), Potassium: 107.57mg (3.07%), Calcium: 28.5mg (2.85%), Fiber: 0.66g (2.65%), Vitamin B6: 0.05mg (2.58%), Phosphorus: 24.06mg (2.41%), Iron: 0.41mg (2.27%), Selenium: 1.54µg (2.19%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.15mg (1.02%), Vitamin B1: 0.02mg (1.01%)