



Lemon Verbena and Summer Fruit Gelée



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



8

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups fruit mixed thinly sliced
- ☐ 4.5 teaspoon gelatin powder unflavored (two)
- ☐ 32 medium leaves optional: lemon divided (4-inch)
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 1 cup sugar divided
- ☐ 0.3 cup water
- ☐ 2 cups cooking wine dry

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Rub verbena sprigs in your hands to bruise leaves and stems, then combine sprigs with wine and 3/4 cup sugar in a heavy medium saucepan. Bring to a boil, stirring until sugar has dissolved, then simmer 1 minute.
- ☐ Remove from heat and let steep, covered, 1 hour.
- ☐ While verbena mixture steeps, finely grind verbena leaves with remaining 1/4 cup sugar in a food processor or an electric coffee/spice grinder. Gently toss fruit with verbena sugar and 2 tablespoons lemon juice in a bowl.
- ☐ Let stand while verbena syrup finishes steeping.
- ☐ Sprinkle gelatin over water and let soften 1 minute. Meanwhile, reheat verbena syrup until hot, then stir in gelatin mixture until dissolved. Strain through a fine-mesh sieve into a bowl. Stir in macerated fruit with juices and remaining 2 tablespoons lemon juice. Chill in an ice bath, stirring occasionally, until cool and thickened (the texture of raw egg whites) but not set, 8 to 10 minutes.
- ☐ Very lightly oil baking pan with vegetable oil (not necessary if pan is nonstick or if using individual glasses).
- ☐ Pour gelée into baking pan and chill in refrigerator until set, at least 3 hours.
- ☐ To unmold, dip pan in a larger pan of hot water 5 to 10 seconds to loosen. Invert onto a serving plate (do not unmold if using individual glasses).
- ☐ Let stand at room temperature 15 minutes before serving.
- ☐ Gelée can be chilled up to 3 days (before unmolding).

Nutrition Facts



■ PROTEIN 5.65% ■ FAT 1.05% ■ CARBS 93.3%

Properties

Glycemic Index:13.82, Glycemic Load:17.76, Inflammation Score:-4, Nutrition Score:2.7708696045953%

Flavonoids

Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg, Eriodictyol: 1.23mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 38.89g (14.14%), Sugar: 35.71g (39.68%), Cholesterol: 0mg (0%), Sodium: 12.75mg (0.55%), Alcohol: 6.24g (100%), Alcohol %: 4% (100%), Protein: 2.45g (4.9%), Vitamin C: 7.03mg (8.52%), Copper: 0.13mg (6.28%), Fiber: 1.56g (6.23%), Vitamin A: 269.74IU (5.39%), Manganese: 0.1mg (5.19%), Potassium: 152.73mg (4.36%), Vitamin K: 4.09µg (3.89%), Iron: 0.57mg (3.14%), Magnesium: 12.41mg (3.1%), Vitamin B2: 0.05mg (2.76%), Vitamin B6: 0.05mg (2.67%), Phosphorus: 24.79mg (2.48%), Vitamin B3: 0.46mg (2.3%), Selenium: 1.18µg (1.69%), Folate: 5.02µg (1.25%), Calcium: 12.52mg (1.25%), Vitamin B1: 0.02mg (1.18%), Zinc: 0.17mg (1.14%)