



## Lemony Blackberry-Vodka Gelées

 Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



18

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 cups blackberries
- 4 envelopes gelatin powder unflavored divided
- 1 cup juice of lemon fresh
- 1.5 cups sugar divided
- 1.5 cups vodka divided
- 1 cup water divided

### Equipment

- bowl

- sauce pan
- sieve
- baking pan
- measuring cup

## Directions

- Place 1 cup vodka in a medium bowl.
- Sprinkle 2 envelopes gelatin evenly over vodka; let stand 3 minutes.
- Combine 1 cup sugar, lemon juice, and 1/2 cup water in a medium saucepan over medium-high heat. Bring just to a boil, stirring until sugar dissolves.
- Add hot lemon juice mixture to vodka mixture, stirring until gelatin dissolves.
- Pour lemon-vodka mixture into an 8-inch square glass or ceramic baking dish coated with cooking spray; chill 1 hour and 45 minutes.
- Place remaining 1/2 cup vodka in a medium bowl.
- Sprinkle remaining 2 envelopes gelatin evenly over vodka; let stand 3 minutes.
- Combine remaining 1/2 cup sugar, remaining 1/2 cup water, and 8 cups blackberries in a large saucepan; bring to a boil. Reduce heat; simmer 10 minutes, stirring mixture occasionally. Strain blackberry mixture through a fine sieve over a 4-cup glass measuring cup; discard solids.
- Add 2 cups hot blackberry mixture to vodka mixture, stirring until gelatin dissolves (reserve remaining blackberry mixture for another use). Gradually pour blackberry-vodka mixture evenly over partially set lemon-vodka mixture. Chill 3 hours or until set.
- Cut into 36 cubes.
- Garnish with blackberries and lemon rind strips, if desired.

## Nutrition Facts



**PROTEIN 8.45%** **FAT 3.36%** **CARBS 88.19%**

## Properties

Glycemic Index:6.12, Glycemic Load:12.32, Inflammation Score:0, Nutrition Score:4.968695640564%

## Flavonoids

Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg, Cyanidin: 63.97mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg, Catechin: 23.72mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 146.08kcal (7.3%), Fat: 0.4g (0.62%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 20.25g (7.36%), Sugar: 20.1g (22.33%), Cholesterol: 0mg (0%), Sodium: 4.85mg (0.21%), Alcohol: 6.68g (100%), Alcohol %: 6.57% (100%), Protein: 2.27g (4.54%), Vitamin C: 18.69mg (22.65%), Manganese: 0.42mg (20.87%), Fiber: 3.43g (13.73%), Vitamin K: 12.67µg (12.07%), Copper: 0.15mg (7.33%), Vitamin E: 0.77mg (5.13%), Folate: 19.18µg (4.79%), Magnesium: 14.09mg (3.52%), Potassium: 118.42mg (3.38%), Vitamin A: 137.77IU (2.76%), Iron: 0.44mg (2.42%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.43mg (2.14%), Calcium: 20.79mg (2.08%), Vitamin B5: 0.2mg (1.96%), Phosphorus: 16.77mg (1.68%), Vitamin B2: 0.03mg (1.58%), Selenium: 0.98µg (1.41%), Vitamin B6: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.16%)