

Passion-Fruit and Blackberry Jellies with Lemon Verbena Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2.5 cups blackberries
- ☐ 1.5 teaspoons gelatin powder unflavored (from a)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 servings optional: lemon fresh
- ☐ 3 tablespoons lemon balm fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup passion fruit rum frozen thawed (from a 14-oz package)

- ☐ 0.5 tablespoon sugar
- ☐ 1 cup water

Equipment

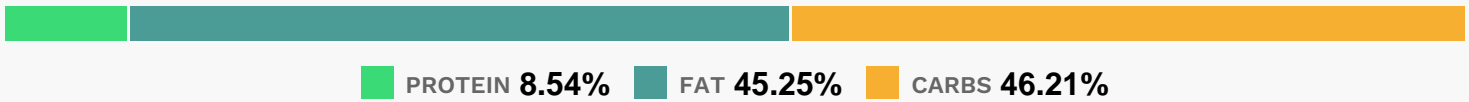
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ Sprinkle gelatin over 1/4 cup water and let stand 2 minutes to soften.
- ☐ Heat sugar and remaining cup water in a 1-quart heavy saucepan over moderately high heat, stirring, until sugar is dissolved.
- ☐ Add gelatin mixture and stir until dissolved.
- ☐ Transfer mixture to a 1-quart glass measure or bowl, then set in a large bowl of ice and cold water and stir frequently until cold but not set, about 15minutes. Stir in passion-fruit purée, then chill in refrigerator until ready to use.
- ☐ Sprinkle gelatin over 1/4 cup water and let stand 2 minutes to soften.
- ☐ Heat sugar and remaining 3/4 cup water in 1-quart saucepan over moderately high heat, stirring, until sugar is dissolved.
- ☐ Add gelatin mixture and stir until dissolved.
- ☐ Transfer mixture to another 1-quart glass measure or bowl, then set in a large bowl of ice and cold water and stir frequently until cold but not set, about 15minutes.
- ☐ While gelatin mixture chills, purée blackberries in a food processor, then force through a fine-mesh sieve into a bowl, discarding seeds.

- ☐ Stir lemon juice and 1 cup purée into chilled gelatin mixture, then chill in refrigerator until ready to use.
- ☐ Pour a scant 1/4 cup passion-fruit mixture into each glass, then stand all 6 glasses in a wide pot. Fill pot with enough ice and cold water to reach level of jelly and chill in refrigerator until jelly is just set, about 2 hours. (Keep unused portion of jellies in refrigerator, stirring once or twice to slow setting.)
- ☐ Pour a scant 1/4 cup blackberry mixture on top of set passion-fruit jelly (pouring mixture gently over back of a spoon held just over set jelly helps to keep new layer from damaging layer beneath).
- ☐ Add enough ice to pot to reach level of jelly and chill in refrigerator until jelly is set, about 2 hours.
- ☐ Make another layer of passion-fruit jelly and another layer of blackberry jelly in same manner, adding ice to pot and chilling in refrigerator until jellies are set (last two layers will take only about 1 1/2 hours each to chill).
- ☐ When all layers are set, remove glasses from ice bath and chill, loosely covered with plastic wrap, 8 hours (or overnight).
- ☐ Combine lemon verbena with sugar in a small bowl, then gently bruise verbena with a pestle or wooden spoon (to release flavor). Stir in cream and chill, stirring occasionally, 1 hour.
- ☐ Pour through cleaned fine-mesh sieve into a larger bowl, pressing gently on solids and then discarding them, then chill cream, covered, until ready to serve.
- ☐ Just before serving, beat cream with an electric mixer until it just holds soft peaks and spoon dollops over jellies.
- ☐ Jellies (without cream topping) can be layered 2 days ahead and chilled, loosely covered.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:8.8156521009362%

Flavonoids

Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg Epigallocatechin:

0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 143.47kcal (7.17%), Fat: 7.79g (11.98%), Saturated Fat: 4.6g (28.78%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 10.22g (3.72%), Sugar: 9.21g (10.23%), Cholesterol: 22.41mg (7.47%), Sodium: 21.87mg (0.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin C: 30.96mg (37.53%), Fiber: 7.68g (30.73%), Manganese: 0.42mg (21.05%), Vitamin A: 1028.31IU (20.57%), Vitamin K: 12.79µg (12.18%), Copper: 0.17mg (8.73%), Potassium: 282.14mg (8.06%), Magnesium: 28.27mg (7.07%), Vitamin B2: 0.12mg (6.78%), Iron: 1.21mg (6.7%), Folate: 26.22µg (6.55%), Vitamin E: 0.91mg (6.07%), Phosphorus: 55.19mg (5.52%), Vitamin B3: 1.05mg (5.23%), Calcium: 45.15mg (4.51%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.44mg (2.97%), Vitamin B5: 0.25mg (2.46%), Selenium: 1.5µg (2.15%), Vitamin D: 0.32µg (2.12%), Vitamin B1: 0.02mg (1.48%)