

## Passion-Fruit Gelée with Basil Cream

 **Gluten Free**

READY IN



**180 min.**

SERVINGS



**4**

CALORIES



**524 kcal**

**SIDE DISH**

### Ingredients

- ☐ 0.5 cup basil fresh loosely packed
- ☐ 1 teaspoon gelatin powder unflavored (from another)
- ☐ 1.8 teaspoons gelatin powder unflavored (from a)
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 cups passion fruit rum (preferably Looza brand)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons water

## Equipment

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

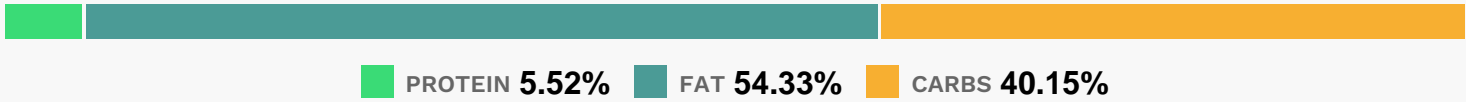
## Directions

- ☐ Sprinkle gelatin over water in a small saucepan and let stand 1 minute to soften. Cook over low heat, stirring, until gelatin is dissolved, 1 to 2 minutes.
- ☐ Remove from heat and whisk in 1 tablespoon passion-fruit nectar at a time until gelatin mixture is cool, then whisk in remaining nectar.
- ☐ Transfer to a metal bowl and set bowl into a larger bowl half-filled with ice and cold water.
- ☐ Let stand, stirring occasionally, until gelée is consistency of raw egg white, 15 to 25 minutes.
- ☐ Put egg carton in a shallow baking pan and arrange glasses in carton, then tilt glasses to a 45-degree angle. Divide gelée among glasses. Carefully transfer pan with glasses to refrigerator and chill until gelée is set, at least 1 hour.
- ☐ Pulse basil, sugar, and a pinch of salt in a food processor until finely chopped, then transfer to a bowl and add cream, stirring just until sugar is dissolved.
- ☐ Sprinkle gelatin over water in a small saucepan and let stand 1 minute to soften. Cook over low heat, stirring, until gelatin is dissolved, 1 to 2 minutes.
- ☐ Remove from heat and whisk in 1 tablespoon basil cream at a time until gelatin mixture is cool, then whisk in remaining cream.
- ☐ Pour through a fine-mesh sieve into a metal bowl, pressing hard on solids and then discarding them.
- ☐ Set bowl in a larger bowl half-filled with ice and cold water and let stand, stirring occasionally, until cream is consistency of raw egg white, 15 to 25 minutes.
- ☐ Holding 1 glass of gelée at a 45-degree angle, slowly fill glass with basil cream, gradually righting glass as filled. Fill remaining glasses in same manner. Chill, covered, until set, at least 1

hour.

☐ Gelées with cream can be chilled up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:42.52, Glycemic Load:22.08, Inflammation Score:-9, Nutrition Score:13.51999981507%

## Nutrients (% of daily need)

Calories: 524.06kcal (26.2%), Fat: 33.15g (51%), Saturated Fat: 20.6g (128.75%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 42.81g (15.57%), Sugar: 40.78g (45.31%), Cholesterol: 100.85mg (33.62%), Sodium: 64.01mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin A: 2971.19IU (59.42%), Fiber: 12.32g (49.28%), Vitamin C: 36.48mg (44.21%), Vitamin B2: 0.33mg (19.68%), Vitamin K: 16.13µg (15.36%), Potassium: 505.22mg (14.43%), Phosphorus: 134.76mg (13.48%), Iron: 2.12mg (11.75%), Magnesium: 43.22mg (10.8%), Vitamin D: 1.43µg (9.52%), Copper: 0.19mg (9.38%), Vitamin B3: 1.86mg (9.28%), Calcium: 80.81mg (8.08%), Vitamin B6: 0.15mg (7.7%), Selenium: 4.63µg (6.62%), Vitamin E: 0.87mg (5.79%), Folate: 22.95µg (5.74%), Zinc: 0.37mg (2.43%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.24mg (2.37%), Manganese: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.3%)