

Passion-Fruit Gelée with Basil Cream

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup basil leaves fresh loosely packed
- ☐ 1 teaspoon gelatin powder unflavored (from another)
- ☐ 1.5 cups well-chilled heavy cream
- ☐ 2 cups passion-fruit nectar (preferably Looza brand)
- ☐ 0.5 cup sugar
- ☐ 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



 PROTEIN **4.48%**  FAT **54.92%**  CARBS **40.6%**

Properties

Glycemic Index:42.52, Glycemic Load:22.08, Inflammation Score:-9, Nutrition Score:13.346956392993%

Nutrients (% of daily need)

Calories: 518.2kcal (25.91%), Fat: 33.15g (50.99%), Saturated Fat: 20.6g (128.74%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 42.81g (15.57%), Sugar: 40.78g (45.31%), Cholesterol: 100.85mg (33.62%), Sodium: 59.84mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin A: 2971.19IU (59.42%), Fiber: 12.32g (49.28%), Vitamin C: 36.48mg (44.21%), Vitamin B2: 0.33mg (19.44%), Vitamin K: 16.13µg (15.36%), Potassium: 504.94mg (14.43%), Phosphorus: 134.07mg (13.41%), Iron: 2.1mg (11.64%), Magnesium: 42.68mg (10.67%), Vitamin D: 1.43µg (9.52%), Vitamin B3: 1.86mg (9.28%), Calcium: 79.4mg (7.94%), Vitamin B6: 0.15mg (7.7%), Copper: 0.15mg (7.37%), Vitamin E: 0.87mg (5.79%), Selenium: 3.94µg (5.63%), Folate: 22.43µg (5.61%), Zinc: 0.36mg (2.41%), Vitamin B12: 0.14µg (2.38%), Vitamin B5: 0.24mg (2.35%), Manganese: 0.04mg (1.87%), Vitamin B1: 0.02mg (1.27%)