

Passion-Fruit Gelees



Gluten Free



Dairy Free



Low Fod Map

READY IN



780 min.

SERVINGS



48

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce gelatin powder unflavored
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup passion fruit rum unsweetened thawed (maracuyá)
- ☐ 2 cups sugar for tossing
- ☐ 1 cup water

Equipment

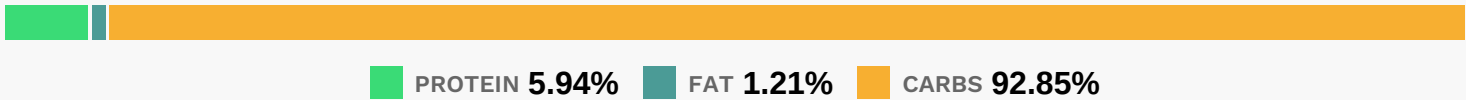
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ baking pan
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Lightly oil baking pan.
- ☐ Sprinkle gelatin over water in a 2-quart heavy saucepan and let stand 4 minutes to soften.
- ☐ Heat gelatin over medium-low heat, stirring, until dissolved. Stir in 2 cups sugar until dissolved, then stir in lemon juice.
- ☐ Bring to a boil over medium-high heat, washing any sugar crystals down side of pan with a pastry brush dipped in cold water. Reduce heat to medium-low and boil, uncovered, without stirring, 13 minutes (watch carefully so that mixture does not boil over).
- ☐ Remove from heat and let stand 5 minutes for bubbles to dissipate. (Skim any foam that remains after 5 minutes.) Stir in passion-fruit purée (do not scrape bottom of pan; leave any dark bits that stick).
- ☐ Pour into baking pan and let stand at room temperature until set, at least 12 hours.
- ☐ Run a sharp knife around edge of gelatin and invert onto a cutting board.
- ☐ Cut into 1/2-inch-wide strips, then cut strips into 1-inch pieces. Just before serving, gently toss gelées in a bowl of sugar to coat, brushing off excess.
- ☐ Gelées, without sugar coating, keep in an airtight container at cool room temperature 2 weeks.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:0.34260869374418%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 37.66kcal (1.88%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.79g (3.19%), Sugar: 8.73g (9.7%), Cholesterol: 0mg (0%), Sodium: 2.52mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Fiber: 0.38g (1.54%), Vitamin C: 1.15mg (1.39%)