

Passion-Fruit Gelees © Gluten Free Dairy Free Low Fod Map READY IN SERVINGS NO 780 min. STARTER SNACK APPETIZER

Ingredients

1 ounce gelatin powder unflavored
1 teaspoon juice of lemon fresh
O.8 cup passion fruit rum unsweetened thawed (maracuyá)
2 cups sugar for tossing
1 cup water

Equipment

bowl
frying pan

П	sauce pan
	knife
	baking pan
	cutting board
	pastry brush
Diı	rections
	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
	PROTEIN 5.94% FAT 1.21% CARBS 92.85%
Pro	nerties

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

Nutrients (% of daily need)

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