



Passover Pâte de Fruits



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 envelopes gelatin powder unflavored such as kolatin
- 0.8 cup granulated sugar for dusting plus more
- 1 cup grape jelly seedless
- 0.7 cup cooking wine sweet such as manischewitz

Equipment

- bowl
- frying pan
- sauce pan

- baking paper
- knife

Directions

- Line 8-inch square pan with parchment paper and spray with nonstick spray. Set aside.
- Pour 1/3 cup of wine into small bowl and sprinkle with gelatin.
- Let stand until softened, about 5 minutes.
- Combine remaining 1/3 cup of wine and 3/4 cup sugar in medium saucepan over medium heat. Stir until sugar dissolves and mixture boils.
- Add jelly or jam and stir until it melts and mixture is smooth.
- Add softened gelatin and stir until smooth. Bring mixture back to boil and boil for 2 minutes.
- Pour mixture into prepared pan.
- Let cool to room temperature.
- Transfer to refrigerator and chill until set, about 4 hours.
- Pour sugar into a small, shallow bowl. Using sharp knife, cut candy into small squares.
- Roll each square in sugar making sure to coat all sides. Store pâte de fruits in layers separated by wax or parchment paper in airtight container for up to three weeks. You may need to dust with sugar again before serving.

Nutrition Facts

 **PROTEIN 3.31%**  **FAT 0.41%**  **CARBS 96.28%**

Properties

Glycemic Index:4.67, Glycemic Load:7.74, Inflammation Score:-1, Nutrition Score:0.33217391387924%

Nutrients (% of daily need)

Calories: 56.75kcal (2.84%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.81g (4.66%), Sugar: 10.53g (11.7%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 0.55g (100%), Alcohol %: 3.18% (100%), Protein: 0.45g (0.89%), Vitamin C: 1mg (1.21%), Copper: 0.02mg (1.11%)