



Pepper Jelly



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



235 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 3 tablespoons jalapeño peppers with seeds finely chopped
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 pinch salt
- ☐ 1.3 cups sugar

Equipment

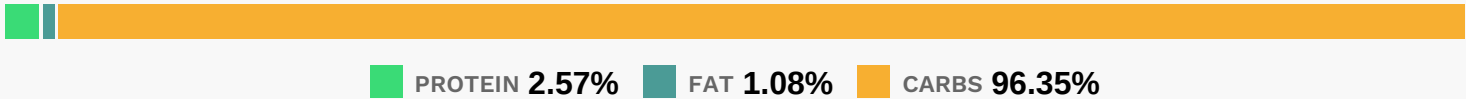
- ☐ sauce pan

- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 5 ingredients and 1 cup water in a medium saucepan over high heat. Bring to a boil, reduce heat to low, and simmer 5 minutes or until sugar dissolves.
- ☐ Remove from heat, strain through a wire-mesh strainer, and set aside.
- ☐ Place 1 cup strained liquid in refrigerator to cool. When cool, sprinkle gelatin over liquid; stir and let stand one minute.
- ☐ Add gelatin mixture to remaining liquid and whisk until blended and dissolved, about 5 minutes.
- ☐ Transfer mixture to a storage container, and chill until jelly is set, 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:31.62, Glycemic Load:40.15, Inflammation Score:-2, Nutrition Score:2.7239130839058%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 235.1kcal (11.76%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 59.42g (21.61%), Sugar: 59.49g (66.1%), Cholesterol: 0mg (0%), Sodium: 12.83mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin C: 18.31mg (22.2%), Vitamin E: 1.24mg (8.23%), Vitamin K: 5.54µg (5.27%), Copper: 0.08mg (4.01%), Vitamin B6: 0.08mg (3.9%), Vitamin A: 131.26IU (2.63%), Potassium: 83.54mg (2.39%), Vitamin B2: 0.03mg (1.94%), Magnesium: 6.31mg (1.58%), Iron: 0.25mg (1.41%), Selenium: 0.97µg (1.39%), Fiber: 0.33g (1.33%), Phosphorus: 12.88mg (1.29%)