



Raspberry-Pomegranate Jellies

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



104 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons cornstarch
- 0.3 ounce Knox gelatine unflavored
- 1 cup pomegranate juice
- 6 ounce Jell-O Raspberry flavor gelatin
- 0.5 cup sugar divided
- 0.3 cup water cold

Equipment

- bowl

- sauce pan
- whisk
- loaf pan

Directions

- Sprinkle unflavored gelatine over water in small bowl; let stand 1 min.
- Mix 1/4 cup sugar and cornstarch in medium saucepan. Gradually whisk in juice and unflavored gelatine until blended. Bring to boil on medium heat; cook 5 min., stirring constantly.
- Remove from heat.
- Add dry gelatin mixes; stir 2 min. until completely dissolved.
- Pour into 9x5-inch loaf pan sprayed with cooking spray. Refrigerate 1 hour or until firm.
- Unmold.
- Cut into 24 pieces. Coat with remaining sugar just before serving.

Nutrition Facts

■ PROTEIN 6.12% ■ FAT 0.74% ■ CARBS 93.14%

Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:0, Nutrition Score:0.69956520580403%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 104.35kcal (5.22%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 25.03g (9.1%), Sugar: 23.13g (25.7%), Cholesterol: 0mg (0%), Sodium: 69.53mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Phosphorus: 22.67mg (2.27%), Vitamin K: 2.16µg (2.06%), Selenium: 1.33µg (1.9%), Copper: 0.04mg (1.79%), Folate: 5.58µg (1.4%), Potassium: 45.7mg (1.31%), Manganese: 0.02mg (1.15%)