



Red, white & blue jellies

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



344 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 400 g strawberries hulled trimmed
- ☐ 85 g sugar
- ☐ 0.5 juice of lemon
- ☐ 2 gelatin powder
- ☐ 50 ml double cream
- ☐ 1 tsp powdered sugar
- ☐ 1 handful blueberries

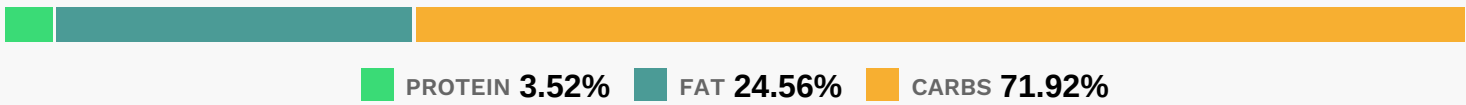
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Place the strawberries, caster sugar and lemon juice in a pan with 100ml water. Bring to the boil, then take off the heat and use a spoon to skim away any scum that rises to the surface. Press the mixture through a fine sieve into a large measuring jug. Fill the jug with boiling water to get 300ml strawberry juice.
- ☐ Meanwhile, cover the gelatine with plenty of cold water, then leave to soak for 5 mins until softened. Squeeze out any excess liquid, add leaves into the hot juice, then stir until they dissolve.
- ☐ Pour the jelly into serving glasses and leave in the fridge for at least 3 hrs to set. Just before serving, whip the cream with the icing sugar until soft peaks form. Dollop over the jelly and sprinkle with the blueberries to serve.

Nutrition Facts



Properties

Glycemic Index:75.05, Glycemic Load:36.03, Inflammation Score:-7, Nutrition Score:12.336521736954%

Flavonoids

Cyanidin: 6.53mg, Cyanidin: 6.53mg, Cyanidin: 6.53mg, Cyanidin: 6.53mg Petunidin: 12.04mg, Petunidin: 12.04mg, Petunidin: 12.04mg, Petunidin: 12.04mg Delphinidin: 13.91mg, Delphinidin: 13.91mg, Delphinidin: 13.91mg, Delphinidin: 13.91mg Malvidin: 25.37mg, Malvidin: 25.37mg, Malvidin: 25.37mg, Malvidin: 25.37mg Pelargonidin: 49.7mg, Pelargonidin: 49.7mg, Pelargonidin: 49.7mg, Pelargonidin: 49.7mg Peonidin: 7.71mg, Peonidin: 7.71mg, Peonidin: 7.71mg, Peonidin: 7.71mg Catechin: 8.2mg, Catechin: 8.2mg, Catechin: 8.2mg, Catechin: 8.2mg Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg, Epigallocatechin: 1.81mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.62mg,

Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 344.37kcal (17.22%), Fat: 9.96g (15.32%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 60.68g (22.07%), Sugar: 58.08g (64.53%), Cholesterol: 28.42mg (9.47%), Sodium: 11.65mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 124.29mg (150.66%), Manganese: 0.9mg (45.1%), Fiber: 4.92g (19.69%), Folate: 53.06µg (13.26%), Vitamin K: 12.44µg (11.85%), Potassium: 367.53mg (10.5%), Vitamin A: 414.39IU (8.29%), Magnesium: 30.68mg (7.67%), Copper: 0.15mg (7.3%), Vitamin B2: 0.12mg (6.96%), Vitamin E: 1.04mg (6.91%), Phosphorus: 68.08mg (6.81%), Vitamin B6: 0.13mg (6.29%), Iron: 0.99mg (5.5%), Calcium: 52.29mg (5.23%), Vitamin B3: 0.95mg (4.76%), Vitamin B1: 0.07mg (4.6%), Vitamin B5: 0.37mg (3.72%), Selenium: 2.26µg (3.22%), Zinc: 0.41mg (2.73%), Vitamin D: 0.4µg (2.68%)