



Red-Wine Mint Jelly

 Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



12

CALORIES



250 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 ounce powdered gelatin
- ☐ 1 juice of lemon juiced
- ☐ 1 large bunch mint plus leaves packed finely chopped for garnish (1 cup of leaves)
- ☐ 12 servings olive oil extra-virgin
- ☐ 3 peppercorns
- ☐ 750 ml red wine
- ☐ 12 servings sea salt and pepper black freshly ground
- ☐ 1 shallots

- ☐ 1 cup sugar
- ☐ 3 tablespoons water

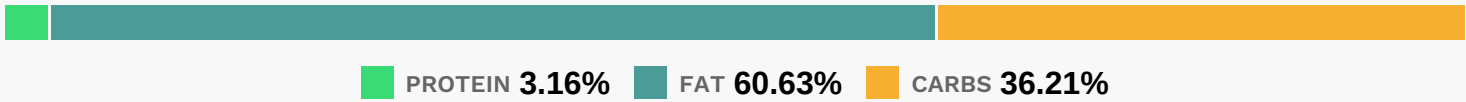
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a saucepan, combine wine and sugar and simmer over medium heat for 10 to 15 minutes to cook off some of the alcohol.
- ☐ In a large mixing bowl combine gelatin with 3 tablespoons of water to bloom the gelatin.
- ☐ Let stand for 5 minutes and stir.
- ☐ Pour hot red wine mixture into the bowl to combine with gelatin and whisk.
- ☐ Add the chopped shallot, peppercorns, mint leaves, and lemon juice.
- ☐ Allow to steep for 15 to 20 minutes. Strain out solids and pour into an oiled mold. Allow to set up overnight in the refrigerator. To serve, unmold onto a plate and drizzle with extra-virgin olive oil, salt and freshly ground black pepper.
- ☐ Garnish with some chopped fresh mint.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:11.98, Inflammation Score:-3, Nutrition Score:2.2126086509746%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3–gallate: 0.01mg,
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.23mg,
Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin:
0.8mg, Hesperetin: 0.8mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin:
0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg,
Luteolin: 0.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg,
Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin:
0.67mg, Quercetin: 0.67mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin:
0.05mg

Nutrients (% of daily need)

Calories: 250.35kcal (12.52%), Fat: 14.07g (21.65%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 18.91g (6.3%), Net
Carbohydrates: 18.77g (6.83%), Sugar: 17.25g (19.17%), Cholesterol: 0mg (0%), Sodium: 7.05mg (0.31%), Alcohol:
6.72g (100%), Alcohol %: 8.14% (100%), Protein: 1.65g (3.29%), Vitamin E: 2.02mg (13.48%), Vitamin K: 8.9µg
(8.48%), Manganese: 0.11mg (5.62%), Potassium: 94.37mg (2.7%), Copper: 0.05mg (2.6%), Iron: 0.45mg (2.52%),
Magnesium: 9.1mg (2.28%), Vitamin B6: 0.05mg (2.27%), Phosphorus: 17.16mg (1.72%), Vitamin B2: 0.03mg (1.69%),
Vitamin C: 1.24mg (1.5%), Selenium: 0.96µg (1.37%)