



Rhubarb Rosemary Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



889 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons rosemary leaves fresh chopped
- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 1 pound rhubarb trimmed
- ☐ 3.3 cups sugar
- ☐ 1.8 cups water
- ☐ 0.3 cup white-wine vinegar

Equipment

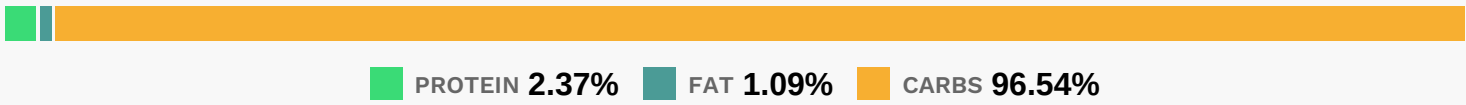
- ☐ bowl

☐ sieve

Directions

- ☐ Cut enough rhubarb crosswise into 1/2-inch slices to measure 3 cups. In a 4-quart kettle bring rhubarb, 1 1/2 cups water, sugar, vinegar, and rosemary to a boil and simmer 15 minutes (rhubarb will disintegrate).
- ☐ While rhubarb is simmering, in a small bowl sprinkle gelatin over remaining 1/4 cup water and let soften 1 minute.
- ☐ Remove kettle from heat and stir gelatin mixture into rhubarb mixture until gelatin is just dissolved.
- ☐ Pour mixture through a fine sieve into a large bowl, gently pressing on solids, and discard solids. Skim off any foam and immediately pour jelly into sterilized jars, filling to within 1/8 inch of tops. Wipe rims of jars with a dampened cloth and seal jars with lids. Cool jars completely. Rhubarb rosemary jelly keeps, chilled, 2 months.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:151.79, Inflammation Score:-4, Nutrition Score:7.3569564715676%

Flavonoids

Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg, Epicatechin 3-gallate: 0.91mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 889.41kcal (44.47%), Fat: 1.12g (1.72%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 223.15g (74.38%), Net Carbohydrates: 220.15g (80.05%), Sugar: 217.9g (242.11%), Cholesterol: 0mg (0%), Sodium: 27.02mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin K: 44.3µg (42.19%), Manganese: 0.34mg (17.07%), Vitamin C: 12.66mg (15.35%), Calcium: 146.87mg (14.69%), Potassium: 464.25mg (13.26%), Fiber: 3g (12.01%), Copper: 0.18mg (8.99%), Selenium: 4.83µg (6.9%), Vitamin B2: 0.1mg (5.91%), Magnesium: 23.45mg (5.86%), Vitamin A: 212.7IU (4.25%), Iron: 0.75mg (4.14%), Folate: 14.18µg (3.55%), Vitamin E: 0.41mg (2.72%), Phosphorus: 26.45mg (2.65%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.04mg (2.17%), Vitamin B1: 0.03mg

(2.14%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.22mg (1.47%)