



Rose cream & raspberry jellies



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



378 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 135 g pack raspberry jelly
- ☐ 500 ml double cream
- ☐ 1 tsp rosewater
- ☐ 12 raspberries halved
- ☐ 6 servings drizzle of clear honey
- ☐ 1 small handful mint leaves
- ☐ 1 tbsp pistachio chopped

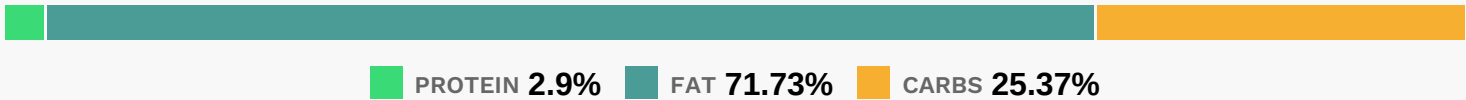
Equipment

☐ frying pan

Directions

- ☐ Boil a kettle. Break the jelly cubes into a jug, pour over 100ml boiling water and stir to dissolve. Gently warm the cream in a small pan, then remove from the heat and pour in the jelly mixture. Stir in the rose water, then tip the mixture back into your jug. Divide the jelly between 6 small glasses and chill for 2 hrs or until set. Can be made 1 day ahead.
- ☐ Remove the jellies from the fridge about 20 mins before serving. Divide the raspberries between them, then add a drizzle of honey, a few mint leaves and a sprinkling of pistachios to each.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:11.49, Inflammation Score:-6, Nutrition Score:4.6247825778049%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 378.43kcal (18.92%), Fat: 30.88g (47.51%), Saturated Fat: 19.36g (120.97%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 23.87g (8.68%), Sugar: 19.38g (21.53%), Cholesterol: 94.73mg (31.58%), Sodium: 30.37mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin A: 1267.14IU (25.34%), Vitamin B2: 0.18mg (10.74%), Vitamin D: 1.34µg (8.94%), Calcium: 64.18mg (6.42%), Phosphorus: 60.95mg (6.09%), Vitamin E: 0.86mg (5.75%), Vitamin C: 3.85mg (4.66%), Selenium: 3.12µg (4.45%), Potassium: 123.25mg (3.52%), Manganese: 0.07mg (3.25%), Vitamin B6: 0.06mg (2.99%), Vitamin K: 2.99µg (2.85%), Fiber: 0.7g (2.81%), Copper:

0.06mg (2.81%), Magnesium: 9.83mg (2.46%), Vitamin B5: 0.24mg (2.45%), Vitamin B12: 0.13µg (2.24%), Vitamin B1:
0.03mg (2.2%), Folate: 8.21µg (2.05%), Zinc: 0.28mg (1.88%), Iron: 0.33mg (1.86%)