



Scary Halloween jelly



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



309 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 270 g raspberry jelly
- ☐ 425 g lychee in syrup canned
- ☐ 12 small grapes green seedless
- ☐ 12 coloured jelly beans dark
- ☐ 80 g marzipan white
- ☐ 6 blanched almonds and whole
- ☐ 8 servings icing in a tube red

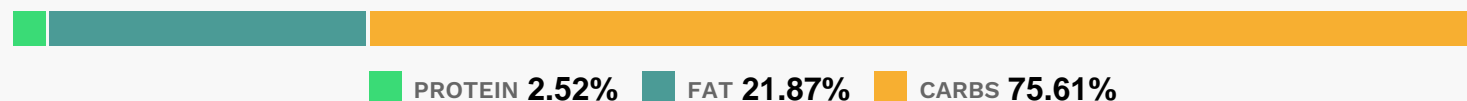
Equipment

- ☐ bowl
- ☐ knife
- ☐ measuring cup
- ☐ kitchen scissors

Directions

- ☐ Cut the jelly into cubes with scissors and place in a bowl.
- ☐ Add 400ml boiling water and stir continuously until dissolved.
- ☐ Drain the lychees, reserving the juice.
- ☐ Put the juice in a measuring jug and make up to 400ml with cold water.
- ☐ Add to the dissolved jelly.
- ☐ Pour about a quarter of the jelly into a clear glass dish and place in the fridge to set.
- ☐ Take a grape and gently push a jelly bean into the centre, using the hole where the stalk has been. Then gently push the grape into a lychee. Repeat with the remaining grapes and lychees to make eyeballs.
- ☐ To make the spooky fingers, divide the marzipan into 6 and shape into sausages the size of a finger. Pipe a little red gel at one end and attach an almond to represent a fingernail. Using a small knife mark three or four lines half way down the finger to make a knuckle.
- ☐ When the jelly is set, arrange half the eyeballs over the surface, add more jelly and return to the fridge.
- ☐ When this has set, arrange the remaining eyeballs over the jelly.
- ☐ Place the spooky fingers against the side of the bowl.
- ☐ Pour over the remaining jelly and place in the fridge to set.
- ☐ Serve in the bowl.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:21.35, Inflammation Score:-2, Nutrition Score:6.0560869652292%

Nutrients (% of daily need)

Calories: 308.85kcal (15.44%), Fat: 7.62g (11.72%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 57.89g (21.05%), Sugar: 48.25g (53.61%), Cholesterol: 0mg (0%), Sodium: 67.19mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 41.19mg (49.93%), Vitamin E: 1.86mg (12.41%), Vitamin B2: 0.19mg (11.21%), Manganese: 0.21mg (10.62%), Copper: 0.17mg (8.75%), Magnesium: 23.51mg (5.88%), Phosphorus: 57.09mg (5.71%), Fiber: 1.35g (5.39%), Potassium: 173.17mg (4.95%), Vitamin K: 4.74µg (4.51%), Vitamin B3: 0.78mg (3.89%), Folate: 14.33µg (3.58%), Iron: 0.62mg (3.44%), Vitamin B1: 0.03mg (2.11%), Selenium: 1.38µg (1.97%), Calcium: 18.71mg (1.87%), Zinc: 0.22mg (1.45%)