



Sour Passion Gummi Entrails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



35

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple pectin
- ☐ 0.5 cup apple sauce
- ☐ 1 cup plus
- ☐ 2 cups granulated sugar plus more for dredging
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup passion fruit puree

Equipment

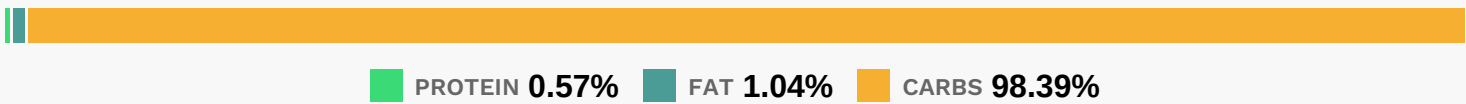
- ☐ baking sheet

- ☐ whisk
- ☐ pot
- ☐ candy thermometer

Directions

- ☐ Place the passion fruit puree, applesauce and 1/4 cup corn syrup in a heavy-bottomed 2-quart pot. Turn the heat to medium-low and warm up the puree. Meanwhile, mix 1/4 cup of the sugar with the apple pectin. When the puree is warm, whisk in the sugar and pectin mixture.
- ☐ Whisk to combine.
- ☐ Turn up the heat to medium and bring the mixture to a boil.
- ☐ Add the remaining sugar and corn syrup. Cook, stirring continuously, until a candy thermometer inserted into the pot reads 223 degrees F, 6 to 8 minutes.
- ☐ Remove from the heat and stir in the lemon juice.
- ☐ Spread the mixture over a silicone baking sheet. It should be about 1/8-inch thick. Allow to set, about 3 hours.
- ☐ When set, cut 5-inch strips and dredge them with sugar. Keep in an air-tight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:9.61, Inflammation Score:-1, Nutrition Score:0.47782607716711%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 78.26kcal (3.91%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.02%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 19.95g (7.26%), Sugar: 19.84g (22.04%), Cholesterol: 0mg (0%), Sodium: 7.65mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Fiber: 0.58g (2.3%), Vitamin C: 1.74mg (2.11%), Vitamin A: 65.59IU (1.31%)