



Spicy Raspberry Jelly Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 jalapeno diced seeded
- ☐ 1 cup raspberry syrup
- ☐ 2 cups raspberry preserves
- ☐ 0.5 chile pepper red seeded chopped

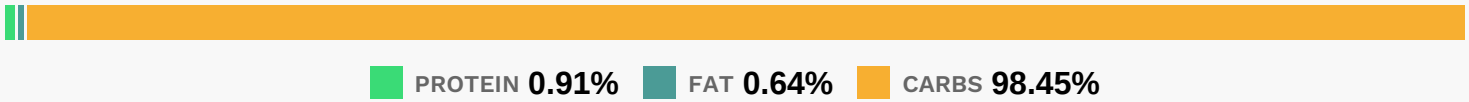
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In the container of a food processor or blender, combine the jalapeno pepper and red chile pepper. Pulse until finely chopped.
- ☐ Transfer to a serving dish, and mix in the raspberry preserves, raspberry syrup and apple cider vinegar. Taste, and adjust amounts to suit your palate.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:16.02, Inflammation Score:-1, Nutrition Score:1.6473912946556%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 123.26kcal (6.16%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 29.37g (10.68%), Sugar: 21.06g (23.4%), Cholesterol: 0mg (0%), Sodium: 13.92mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 8.76mg (10.62%), Fiber: 1g (4%), Manganese: 0.08mg (3.77%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.17%), Folate: 6.81µg (1.7%), Iron: 0.28mg (1.56%), Potassium: 52.12mg (1.49%), Selenium: 0.88µg (1.25%), Vitamin B6: 0.02mg (1.17%), Phosphorus: 11.23mg (1.12%), Calcium: 10.81mg (1.08%), Vitamin E: 0.16mg (1.05%)