

Strawberry jellies



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



62 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 gelatin powder
- ☐ 450 ml apple juice
- ☐ 15 strawberries very ripe
- ☐ 6 servings whipped cream for decoration

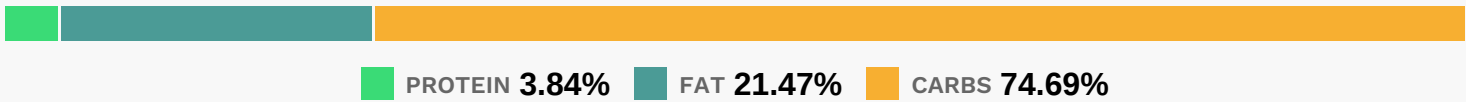
Equipment

- ☐ knife
- ☐ whisk

Directions

- ☐ Ask a grown-up to put 6 tsp boiling water into a jug.
- ☐ Sprinkle on the gelatine, then whisk carefully until it dissolves.
- ☐ Pour in the juice and whisk, making sure its all mixed in.
- ☐ Pull the green hulls out of the strawberries. Use a knife to cut them into slices or small chunks.
- ☐ Put some pieces of strawberry into 6 glasses leaving a few to decorate at the end. They should be full but with plenty of room around them.
- ☐ Pour the juice into 6 glasses, filling them almost to the top.
- ☐ Put them on a plate or tray in the fridge to set. They will take about 4 hours to set.
- ☐ When the jellies are set, decorate with whipped cream and extra strawberries.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:4.65, Inflammation Score:-2, Nutrition Score:2.5443478123001%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg, Epicatechin: 3.83mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 61.74kcal (3.09%), Fat: 1.53g (2.35%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.18g (4.07%), Sugar: 9.51g (10.57%), Cholesterol: 4.56mg (1.52%), Sodium: 4.25mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin C: 18.35mg (22.24%), Manganese: 0.17mg (8.71%), Potassium: 134.15mg (3.83%), Fiber: 0.76g (3.03%), Magnesium: 8.53mg (2.13%), Folate: 7.43µg (1.86%), Phosphorus: 18.11mg (1.81%), Vitamin B1: 0.03mg (1.73%), Calcium: 17.24mg (1.72%), Vitamin B6: 0.03mg (1.54%), Vitamin B2: 0.02mg (1.43%), Copper: 0.03mg (1.4%), Iron: 0.22mg (1.23%)