



Strawberry Pâte de Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



85

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 tablespoons plus light
- ☐ 1.8 tablespoons premium fruit pectin (found at health food stores)
- ☐ 2 teaspoons juice of lemon
- ☐ 2 cups strawberries frozen
- ☐ 2 cups sugar divided

Equipment

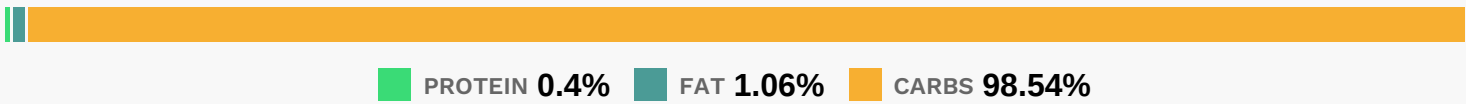
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ blender

Directions

- ☐ Line a rimmed 9" x 12" baking sheet (with at least a 1/4-inch rim) with parchment paper. Puree strawberries in a blender until smooth.
- ☐ Mix pectin and 3 tablespoons sugar in a bowl.
- ☐ Transfer puree to a 2-quart saucepan and bring to a boil over medium-high heat.
- ☐ Sprinkle pectin-sugar mixture onto puree and stir until pectin dissolves. Continue to boil for 2 minutes.
- ☐ Add 1 3/4 cups sugar in 3 parts, stirring after each addition and waiting 15 seconds between additions.
- ☐ Add corn syrup; cook mixture until it thickens slightly, about 3 minutes.
- ☐ Remove from heat; stir in juice.
- ☐ Pour mixture into baking sheet, spread evenly and let set 2 hours.
- ☐ Cut jelly into 1-inch squares or other shapes using a sharp knife. Toss squares, a few at a time, in remaining 3 tablespoons sugar. Store at room temperature in an airtight container for up to 1 month.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:0.22347826211025%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol:
0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg,
Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg,
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 22.78kcal (1.14%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 5.93g (1.98%), Net
Carbohydrates: 5.83g (2.12%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 1.25mg (0.05%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Vitamin C: 2.04mg (2.47%)