



The Crisper Whisperer: How to Make Fruit Leather



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



480 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients



3 cups fruit washed pitted chopped



1 tablespoon juice of lemon



2 tablespoons maple syrup



1 pinch spices: paprika powder 1

Equipment



frying pan



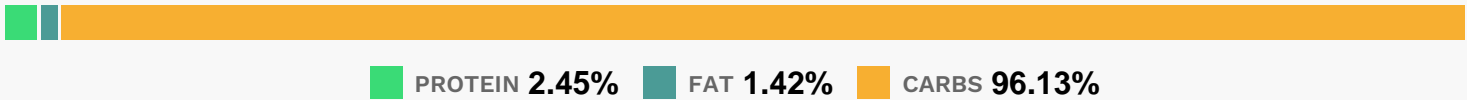
baking sheet

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven as low as it goes (usually 150°F or 200°F — anything up to 200°F is fine) with a rack in the middle. Line a baking sheet with a piece of parchment paper or a silicone baking mat and spray lightly with cooking spray (optional, but it does help). In a blender, whiz all ingredients together to form a relatively smooth puree.
- ☐ Pour the puree onto the lined baking sheet and tilt the pan to form a thin layer that is as even as possible.
- ☐ Bake the puree until it is still slightly tacky to the touch but peels up fairly easily from the parchment. Depending on the fruit you use and its moisture content, this can take anywhere from 2 to 8 hours, so use your senses.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:1.23, Inflammation Score:-2, Nutrition Score:2.088695673272%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 65kcal (3.25%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.16g (5.51%), Sugar: 13.05g (14.5%), Cholesterol: 0mg (0%), Sodium: 4.98mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Manganese: 0.16mg (7.95%), Fiber: 1.45g (5.78%), Vitamin A: 268.84IU (5.38%), Vitamin B2: 0.09mg (5.02%), Vitamin K: 4.12µg (3.93%), Copper: 0.07mg (3.38%), Vitamin C: 2.71mg (3.29%), Potassium: 93.11mg (2.66%), Vitamin B3: 0.36mg (1.78%), Iron: 0.31mg (1.71%), Magnesium: 5.78mg (1.44%), Phosphorus: 10.96mg (1.1%), Calcium: 10.86mg (1.09%)