



Vanilla jellies with apricot & raspberry compote

 Gluten Free

READY IN



210 min.

SERVINGS



4

CALORIES



232 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 sheets gelatin powder
- ☐ 600 ml milk
- ☐ 50 g sugar for compote
- ☐ 2 tsp vanilla extract
- ☐ 500 g apricots
- ☐ 3 tbsp apple juice
- ☐ 100 g raspberries

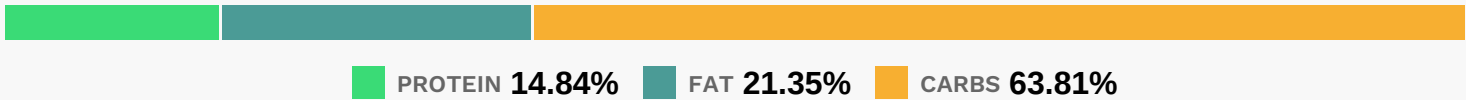
Equipment

- ☐ frying pan
- ☐ ramekin

Directions

- ☐ Soak the gelatine for 10 mins in enough cold water to cover the leaves. Bring the milk and 50g sugar slowly to the boil, gently stirring to dissolve the sugar.
- ☐ Remove from the heat and stir in the vanilla extract or rosewater.
- ☐ Remove gelatine from soaking water, squeeze out water, then stir into the milk until it has dissolved.
- ☐ Pour the jellies into 4 x 150ml moulds, cups or ramekins. Cool, then chill until set, about 3 hrs.
- ☐ Halve and stone the apricots, then cut each half into
- ☐ Put in a pan with the apple juice and 2 tbsp sugar, then bring to a simmer. Gently cook for about 5 mins until the apricots are tender, but not pulpy.
- ☐ Remove from the heat, stir in the raspberries, then leave to cool.
- ☐ Turn the jellies out onto 4 plates, then spoon compote around the edge.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:17.07, Inflammation Score:-9, Nutrition Score:12.813913148382%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg, Catechin: 5.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.33mg, Epicatechin: 7.33mg, Epicatechin: 7.33mg, Epicatechin: 7.33mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 231.87kcal (11.59%), Fat: 5.66g (8.71%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 33.91g (12.33%), Sugar: 33.92g (37.69%), Cholesterol: 18.56mg (6.19%), Sodium: 64.97mg (2.82%), Alcohol: 0.72g (100%), Alcohol %: 0.28% (100%), Protein: 8.85g (17.7%), Vitamin A: 2666.48IU (53.33%), Vitamin C: 19.15mg (23.21%), Calcium: 215.14mg (21.51%), Phosphorus: 193.94mg (19.39%), Potassium: 608.59mg (17.39%), Vitamin B2: 0.28mg (16.7%), Fiber: 4.15g (16.59%), Manganese: 0.29mg (14.28%), Vitamin B12: 0.84µg (13.92%), Vitamin D: 1.7µg (11.34%), Vitamin B5: 0.97mg (9.68%), Magnesium: 37.82mg (9.45%), Vitamin E: 1.41mg (9.39%), Vitamin B1: 0.14mg (9.02%), Vitamin B6: 0.18mg (8.92%), Copper: 0.17mg (8.43%), Zinc: 1mg (6.65%), Vitamin K: 6.54µg (6.23%), Selenium: 3.99µg (5.7%), Vitamin B3: 1.08mg (5.4%), Folate: 17.1µg (4.28%), Iron: 0.7mg (3.91%)