



## Watermelon Jelly



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 6 servings canola oil for the dish
- ☐ 0.8 ounce gelatin powder unflavored
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup sugar
- ☐ 6 pounds watermelon

## Equipment

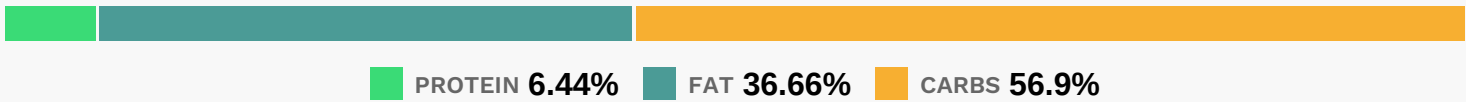
- ☐ food processor
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup
- ☐ glass baking pan

## Directions

- ☐ Cut the watermelon into large pieces, discarding the rind.
- ☐ Place in the bowl of a food processor and puree. Strain the pureed watermelon through a fine strainer to remove the pulp and seeds (this should yield about 3 cups of watermelon juice). In a small bowl or measuring cup, combine the gelatin with 1 cup of the watermelon juice; let stand for 3 minutes. In a small saucepan, over medium heat, warm the remaining watermelon juice and the sugar until the sugar has dissolved.
- ☐ Whisk in the gelatin mixture and lemon juice.
- ☐ Remove from heat. Lightly oil an 8-inch square glass baking dish.
- ☐ Pour in the mixture, cover, and refrigerate overnight. To serve, cut the jelly into cubes and divide among individual bowls.
- ☐ Drizzle the sparkling wine over the top, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:35.85, Inflammation Score:-9, Nutrition Score:11.020869534949%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 338.11kcal (16.91%), Fat: 14.76g (22.71%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 51.55g (17.18%), Net Carbohydrates: 49.7g (18.07%), Sugar: 45.01g (50.01%), Cholesterol: 0mg (0%), Sodium: 11.75mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin A: 2581.55IU (51.63%), Vitamin C: 40.68mg (49.3%), Vitamin E: 2.69mg (17.95%), Potassium: 519.4mg (14.84%), Copper: 0.27mg (13.49%), Magnesium: 46.75mg (11.69%), Vitamin B6: 0.21mg (10.45%), Vitamin B5: 1.02mg (10.2%), Vitamin B1: 0.15mg (10.2%), Vitamin K: 10.44µg (9.94%), Manganese: 0.18mg (8.9%), Fiber: 1.84g (7.38%), Iron: 1.14mg (6.36%), Vitamin B2: 0.11mg (6.36%), Phosphorus: 52.09mg (5.21%), Selenium: 3.32µg (4.75%), Folate: 16.7µg (4.18%), Vitamin B3: 0.82mg (4.1%), Calcium: 34.48mg (3.45%), Zinc: 0.47mg (3.1%)