



## Watermelon-Lime Gelatin Squares

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



16

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 small mint leaves fresh
- 2 tablespoons gelatin powder unflavored ( three)
- 2 tablespoons juice of lime fresh
- 1.5 tablespoons anisette liqueur
- 0.8 cup sugar
- 8 cups watermelon seedless chopped

### Equipment

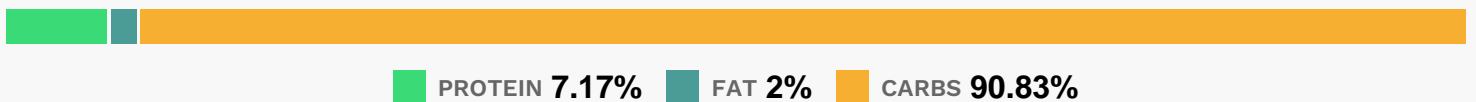
- bowl

- sauce pan
- sieve
- blender
- cake form
- measuring cup
- cutting board

## Directions

- Puree the watermelon, sugar, lime juice and Sambuca in a blender until smooth, working in batches if necessary.
- Pour through a fine-mesh sieve into a large liquid measuring cup.
- Pour 1 cup of the watermelon mixture into a small saucepan and bring to a boil. Meanwhile, pour another 1 cup of the watermelon mixture into a large bowl and sprinkle the gelatin on top; let stand 1 minute.
- Pour the hot watermelon mixture into the bowl and stir until the gelatin dissolves. Stir in the remaining watermelon mixture from the measuring cup.
- Spray an 8-inch-square cake pan with cooking spray, wiping out the excess.
- Pour in the watermelon mixture. Skim the foam from the surface and refrigerate the gelatin until slightly thickened, about 20 minutes. Arrange the mint leaves on top in rows, then push them just below the surface. Refrigerate until fully set, at least 4 hours.
- Unmold the gelatin: Invert onto a cutting board, then re-invert onto another cutting board and cut into squares.
- Photograph by Jonathan Kantor

## Nutrition Facts



## Properties

Glycemic Index:9.05, Glycemic Load:10.6, Inflammation Score:-4, Nutrition Score:1.8673913161392%

## Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 68.09kcal (3.4%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.54g (5.65%), Sugar: 14.64g (16.27%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0.56g (100%), Alcohol %: 0.78% (100%), Protein: 1.26g (2.52%), Vitamin A: 475.86IU (9.52%), Vitamin C: 7.04mg (8.53%), Copper: 0.06mg (2.76%), Potassium: 93.33mg (2.67%), Magnesium: 8.74mg (2.19%), Manganese: 0.04mg (2.11%), Vitamin B6: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.17mg (1.75%), Fiber: 0.39g (1.57%), Iron: 0.25mg (1.38%), Vitamin B2: 0.02mg (1.33%), Selenium: 0.71µg (1.01%)