



 **11%**  
HEALTH SCORE

## Yuzu Jelly

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



31 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 packet konnyaku powder
- 1 liter yuzu juice drink
- 7 servings yuzu juice drink

### Equipment

- whisk
- pot

## Directions

- Pour yuzu juice drink and 100ml water together in a pot under medium heat.
- Add in konnyaku powder and stir to boil with a hand whisk. Off heat and continue to stir for another 3–5 minutes.
- Pour yuzu liquid into a 11 inch square tray. Leave to cool and refrigerate for at least 2 hours or when ready to serve. To serve, cut yuzu jelly to cubes and place into serving glass.
- Pour in some yuzu drink and add in some mandarin orange pulp.

## Nutrition Facts

 **PROTEIN 6.34%**  **FAT 0%**  **CARBS 93.66%**

## Properties

Glycemic Index:13.14, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:4.6726086956522%

## Nutrients (% of daily need)

Calories: 31.27kcal (1.56%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.04g (3.65%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 213.44mg (9.28%), Protein: 0.72g (1.44%), Vitamin C: 57.54mg (69.75%), Calcium: 146.29mg (14.63%), Potassium: 302.5mg (8.64%), Phosphorus: 59.64mg (5.96%), Magnesium: 16.36mg (4.09%), Fiber: 0.58g (2.32%), Iron: 0.36mg (2.02%)