

Peach hearts

From the sweeties.net wiki

Peach hearts are jelly sweets shaped like a heart, flavoured with peach and coated in sugar. The retailer ToffeeWorld sells a version made by Vidal Golosinas, a sweet maker in Spain, and describes them as coming in red and orange or paler two tone shades.

What is in them

The Vidal recipe, as listed by the retailers ToffeeWorld and Mr Simms Sweet Shop, contains:

- **Glucose syrup and sugar**, the main sweeteners.
- **Gelatine**, for the soft, chewy set, and **corn starch**: see [gelatine in sweets explained](#)
- **Citric acid**, for a fruity tang: see [what is citric acid in sweets?](#)
- **Flavourings**, which give the peach taste.
- **Radish, carrot and blackcurrant concentrates**, for colour.
- **Colours E120 and E160a**.

ToffeeWorld describes them as gluten free. It also notes that it cannot guarantee the accuracy of the ingredient information it shows, which is a good reminder to check the pack or card for the sweets you buy.

Where the peach comes from

There is no peach among the ingredients. The peach taste comes from the flavourings, and the colour from vegetable and fruit concentrates and two added colours: see [how are sweets flavoured?](#)

E120 and E160a

E120 is carmine, a red colour made from cochineal insects. It is not suitable for vegans, many vegetarians avoid it, and it may cause allergies: see [what is carmine?](#) E160a is carotenes, the orange colours found in carrots and other plants.

Diet

With gelatine and carmine, these peach hearts are not suitable for vegetarians or vegans. If you avoid gelatine, look for sweets set with pectin or starch alone: see [what sweets are gelatine free?](#)

In our pick and mix

We sell [SW009](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the peach hearts we actually stock. For more peachy sweets, see [peach rings](#)

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