

# Rainbow sour belts

From the sweeties.net wiki

Rainbow sour belts are long, flat strips of sweet, striped in bands of colour and coated in sugar sharpened with acid. Unlike jelly sweets, the belts in the recipes here are not set with gelatine: they are made with wheat flour.

## What is in them

Two recipes show what goes into a rainbow belt.

**Vidal Rainbow Belts.** The retailer The Sweet Store lists sugar, glucose fructose syrup, wheat flour, malic, citric and lactic acids, dextrose, palm fat, corn starch, sodium lactate and potassium citrates, flavourings, ascorbic acid, salt, carrot, hibiscus and blackcurrant concentrates, and the colours E100, E120 and E133.

**Fini Sour Rainbow Belts.** The retailer Caramellina lists glucose and fructose syrup, sugar, wheat flour, starches, malic acid, palm fat, citric and lactic acids, sodium lactate and sodium citrates, salt, mono and diglycerides of fatty acids as an emulsifier, flavourings, glycerol, and the colours E102, E110, E129 and E171.

## Why they contain wheat

Wheat flour is a main ingredient, so these belts contain wheat and gluten, and they are not suitable for anyone with coeliac disease or a wheat allergy. The Sweet Store adds that Vidal's may contain traces of milk, soya and mustard: see [wheat in sweets](#) and [are sweets gluten free?](#)

## The colours

The colours differ a great deal between the two recipes:

- **E100** is curcumin, the yellow of turmeric, and **E133** is brilliant blue.
- **E120** is carmine, a red made from insects, so Vidal's belts are not suitable for vegans: see [what is carmine?](#)
- **E102, E110 and E129**, in Fini's as listed, are three of the six colours that must carry the warning may have an adverse effect on activity and attention in children: see [the Southampton six colours](#)
- **E171** is titanium dioxide, a white colour banned as a food additive in the EU since 2022 but still permitted in Great Britain: see [what are E numbers in sweets?](#)

## Sour and fizzy

The acids give the sharp taste. Malic acid is sourer than citric acid, and makers use both: see [how are sour sweets made?](#) For a strawberry flavoured cousin, see [fizzy strawberry belts](#)

## In our pick and mix

We sell [SW023](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the rainbow sour belts we actually stock.

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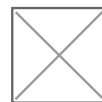
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