



Berries and Bubbles



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pt blackberries fresh
- ☐ 1 cup seltzer water cold
- ☐ 1 oz gelatin powder unflavored
- ☐ 0.5 pt raspberries fresh
- ☐ 1 cup sugar
- ☐ 3 cups frangelico chilled divided
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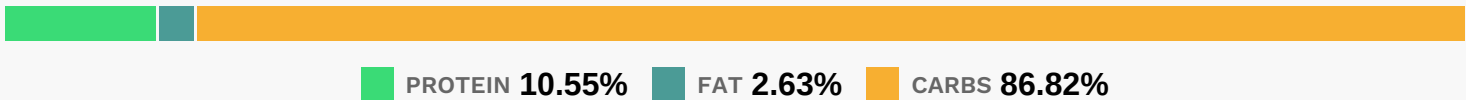
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Sprinkle gelatin over 1 cup cold Prosecco in a large bowl.
- ☐ Let stand 3 minutes.
- ☐ Stir together sugar and remaining 2 cups Prosecco in a medium saucepan. Bring to a boil over high heat, stirring constantly; boil, stirring constantly, until sugar dissolves.
- ☐ Add hot Prosecco to gelatin mixture, and stir until gelatin dissolves. Chill until consistency of unbeaten egg whites (about 40 minutes).
- ☐ Place raspberries and blackberries in a 6-cup gelatin mold. Stir cold club soda into chilled gelatin mixture until blended.
- ☐ Pour over fruit in mold. Chill until set (about 2 hours).
- ☐ If necessary, run a small knife around edge of mold to break seal. Dip bottom of mold in warm tap water for about 15 seconds. Unmold onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:12.12, Inflammation Score:-2, Nutrition Score:2.8956521853157%

Flavonoids

Cyanidin: 28.73mg, Cyanidin: 28.73mg, Cyanidin: 28.73mg, Cyanidin: 28.73mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

0.91mg

Nutrients (% of daily need)

Calories: 90.81kcal (4.54%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 18.51g (6.73%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 9.33mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Manganese: 0.26mg (13.14%), Vitamin C: 9.31mg (11.28%), Fiber: 2.33g (9.31%), Copper: 0.1mg (5.18%), Vitamin K: 5.44µg (5.18%), Vitamin E: 0.4mg (2.68%), Folate: 9.78µg (2.44%), Magnesium: 9mg (2.25%), Potassium: 62.82mg (1.79%), Iron: 0.29mg (1.64%), Selenium: 1.15µg (1.64%), Zinc: 0.21mg (1.41%), Calcium: 13.1mg (1.31%), Vitamin B2: 0.02mg (1.25%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.12mg (1.22%), Phosphorus: 10.98mg (1.1%)