



Berry-Muscat Wine Goblets

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup blueberries rinsed
- 1 envelope gelatin powder unflavored
- 1 cup vin santo (see notes)
- 1.5 cups strawberries thick sliced ()
- 2 tablespoons sugar
- 1 cup grape juice white

Equipment

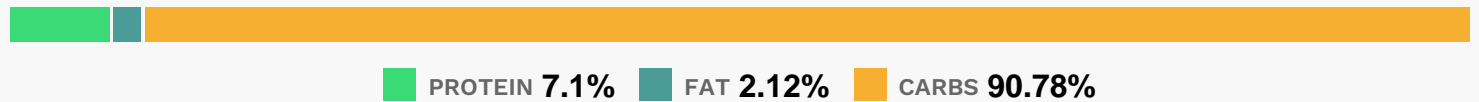
- bowl

frying pan

Directions

- In a 2- to 3-quart pan, mix grape juice, gelatin, and sugar. Stir over medium heat until gelatin and sugar are dissolved, 3 to 4 minutes.
- Remove from heat and add wine. Nest pan in a bowl of ice water and stir often until mixture is cold and mounds slightly on a spoon, about 20 minutes.
- Remove pan from ice water and stir in strawberries and blueberries.
- Spoon mixture equally into 1- to 1 1/2-cup wineglasses. Chill airtight until gelatin mixture is firm to touch, at least 1 hour or up to 1 day.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:6.01, Inflammation Score:-5, Nutrition Score:5.1399999079497%

Flavonoids

Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg Petunidin: 8.57mg, Petunidin: 8.57mg, Petunidin: 8.57mg, Petunidin: 8.57mg Delphinidin: 8.09mg, Delphinidin: 8.09mg, Delphinidin: 8.09mg, Delphinidin: 8.09mg Malvidin: 72.3mg, Malvidin: 72.3mg, Malvidin: 72.3mg, Malvidin: 72.3mg Pelargonidin: 13.43mg, Pelargonidin: 13.43mg, Pelargonidin: 13.43mg, Pelargonidin: 13.43mg Peonidin: 5.56mg, Peonidin: 5.56mg, Peonidin: 5.56mg, Peonidin: 5.56mg Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 187.22kcal (9.36%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 27.97g (10.17%), Sugar: 23.51g (26.12%), Cholesterol: 0mg (0%), Sodium: 12.72mg (0.55%), Alcohol:

9.18g (100%), Alcohol %: 5.9% (100%), Protein: 2.31g (4.61%), Vitamin C: 33.01mg (40.01%), Manganese: 0.47mg (23.73%), Potassium: 213.5mg (6.1%), Fiber: 1.5g (6.01%), Copper: 0.11mg (5.48%), Magnesium: 19.87mg (4.97%), Vitamin K: 3.82µg (3.64%), Folate: 14.23µg (3.56%), Iron: 0.58mg (3.22%), Phosphorus: 29.38mg (2.94%), Vitamin B1: 0.04mg (2.63%), Vitamin B6: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.49%), Vitamin B3: 0.47mg (2.37%), Calcium: 22.16mg (2.22%), Selenium: 1.26µg (1.79%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.18mg (1.23%)