



Berry Nice Ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup blueberries frozen
- ☐ 4 cups ice cubes with the grater blade of a food processor) shaved
- ☐ 1 cup vodka
- ☐ 2 tablespoons frangelico
- ☐ 2 tablespoons frangelico

Equipment

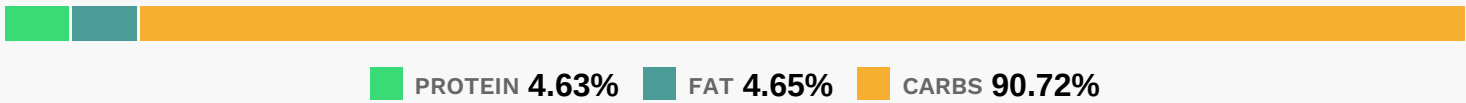
- ☐ bowl
- ☐ sieve

ice cream scoop

Directions

- In a medium bowl, mix vodka and cassis.
- Add blueberries and let stand 1 hour. Strain through a fine mesh strainer into a small pitcher. Using an ice cream scoop, pack approximately 1 cup shaved ice into a paper snow cone cup (or cocktail glass), then drizzle with a quarter of the blueberry mixture. Repeat with remaining ice.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:1.5582608601645%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 159.69kcal (7.98%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.69g (4.09%), Cholesterol: 0mg (0%), Sodium: 12.8mg (0.56%), Alcohol: 20.04g (100%), Alcohol %: 7.61% (100%), Protein: 0.27g (0.55%), Vitamin K: 7.14µg (6.8%), Manganese: 0.12mg (6.22%), Vitamin C: 3.59mg (4.35%), Fiber: 0.89g (3.55%), Copper: 0.06mg (3.25%), Vitamin E: 0.21mg (1.41%), Magnesium: 4.59mg (1.15%), Vitamin B2: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.11%)