



Elderflower & raspberry spritzer



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 gelatin powder
- ☐ 4 tbsp water hot
- ☐ 100 ml campari
- ☐ 6 servings raspberries
- ☐ 6 servings wine

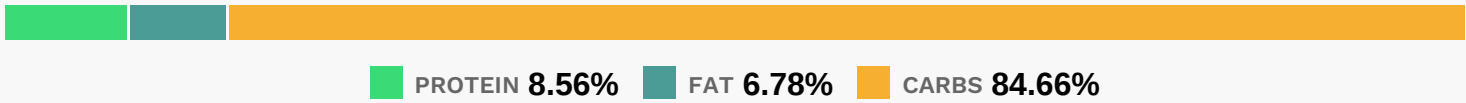
Equipment

- ☐ measuring cup

Directions

- ☐ Soak gelatine leaves in cold water. Dissolve the gelatine in a measuring jug in the hot water from the kettle.
- ☐ Add the elderflower cordial and top up with sparkling white wine to make 450ml of liquid in total. Drop a few raspberries into six tall glasses and fill to about a third with the elderflower syrup. Leave to set completely, then add a few more raspberries and some more elderflower syrup. Repeat again until the glasses are nearly full to the top.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:1.42, Inflammation Score:-6, Nutrition Score:5.3082608334396%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 152.86kcal (7.64%), Fat: 0.39g (0.6%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 7.06g (2.57%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 15.14g (100%), Alcohol %: 8.2% (100%), Protein: 1.11g (2.22%), Manganese: 0.57mg (28.72%), Vitamin C: 15.72mg (19.05%), Fiber: 3.9g (15.6%), Magnesium: 28.07mg (7.02%), Potassium: 195.02mg (5.57%), Vitamin B6: 0.11mg (5.33%), Vitamin K: 5.27µg (5.02%), Iron: 0.81mg (4.53%), Phosphorus: 43.99mg (4.4%), Folate: 14.17µg (3.54%), Vitamin E: 0.52mg (3.48%), Copper: 0.07mg (3.43%), Calcium: 28.71mg (2.87%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.05mg (2.68%), Vitamin B5: 0.26mg (2.64%), Vitamin B3: 0.52mg (2.59%), Vitamin B1: 0.03mg (1.78%)