



Fresh Peach Gelées



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 oz gelatin powder unflavored
- ☐ 3 oz peach-flavored gelatin
- ☐ 0.3 cup peach puree
- ☐ 1 slices garnish: peach fresh
- ☐ 1 cup sparkling white wine
- ☐ 0.5 cup vodka
- ☐ 1 cup water boiling

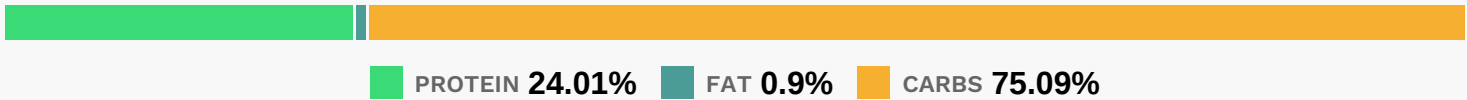
Equipment

☐ baking pan

Directions

- ☐ Stir together wine, vodka, and Peach Puree in an 11- x 7-inch baking dish; sprinkle gelatins over wine mixture.
- ☐ Let stand 1 minute.
- ☐ Stir 1 cup boiling water into wine mixture, stirring until gelatin is dissolved. Cover and chill 8 hours or until set.
- ☐ Cut gelatin into 64 (1-inch) cubes.
- ☐ Garnish, if desired.
- ☐ *Sugar-free peach-flavored gelatin may be substituted.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:0.56565217479416%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 48.69kcal (2.43%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 25.1mg (1.09%), Alcohol: 3.24g (100%), Alcohol %: 9.1% (100%), Protein: 1.64g (3.28%), Copper: 0.05mg (2.31%), Selenium: 1.06µg (1.51%), Phosphorus: 11.13mg (1.11%), Manganese: 0.02mg (1.09%)