



Marinated Berry Fizz

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 amaretti cookies
- ☐ 2 cups blackberries fresh
- ☐ 2 cups blueberries fresh
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 cups peaches peeled sliced
- ☐ 2 cups raspberries fresh

☐ 2.7 cups asti cinzano sweet

Equipment

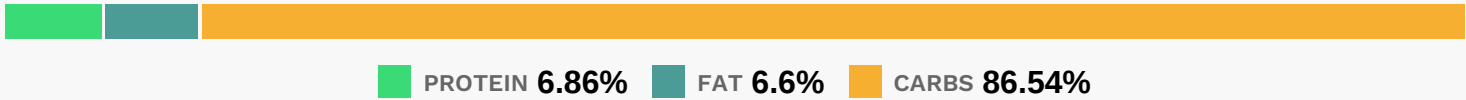
☐ bowl

☐ microwave

Directions

- ☐ Combine first 3 ingredients in a 2-cup glass measure; microwave at HIGH 1 1/2 minutes or until the mixture boils. Cover and chill.
- ☐ Combine the blackberries, raspberries, blueberries, and peaches in a large bowl.
- ☐ Add the honey mixture, stirring well. Cover and marinate in refrigerator at least 4 hours.
- ☐ Spoon the fruit mixture into each of 8 bowls, and add the wine.
- ☐ Serve with amaretti cookies.
- ☐ Note: Sweetened carbonated fruit-flavored bottled water can be substituted for the sweet sparkling wine.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:7.32, Inflammation Score:-6, Nutrition Score:7.5121738858845%

Flavonoids

Cyanidin: 53.58mg, Cyanidin: 53.58mg, Cyanidin: 53.58mg, Cyanidin: 53.58mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg Catechin: 17.59mg, Catechin: 17.59mg, Catechin: 17.59mg, Catechin: 17.59mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 169.57kcal (8.48%), Fat: 1.08g (1.66%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 26.17g (9.51%), Sugar: 24.08g (26.76%), Cholesterol: 0mg (0%), Sodium: 37.11mg (1.61%), Alcohol: 5.03g (100%), Alcohol %: 2.65% (100%), Protein: 2.52g (5.05%), Manganese: 0.59mg (29.41%), Vitamin C: 22.4mg (27.15%), Fiber: 5.69g (22.77%), Vitamin K: 17.76µg (16.92%), Vitamin E: 1.18mg (7.87%), Copper: 0.15mg (7.49%), Potassium: 256.66mg (7.33%), Magnesium: 27.39mg (6.85%), Iron: 1.13mg (6.28%), Folate: 21.56µg (5.39%), Vitamin B3: 0.97mg (4.85%), Vitamin A: 232.78IU (4.66%), Phosphorus: 41.97mg (4.2%), Vitamin B6: 0.08mg (3.8%), Zinc: 0.55mg (3.65%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.31mg (3.14%), Calcium: 29.81mg (2.98%), Vitamin B1: 0.04mg (2.72%), Selenium: 1.28µg (1.82%)