



Prosecco and Summer Fruit Terrine



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 4 cups fruit mixed seedless peeled halved thinly sliced (see cooks' note, below)
- ☐ 2.8 teaspoons gelatin powder unflavored (from two)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup sugar

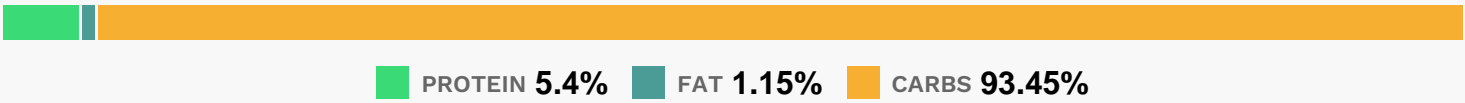
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ loaf pan

Directions

- ☐ Arrange fruit in a 1 1/2-quart glass, ceramic, or nonstick terrine or loaf pan.
- ☐ Sprinkle gelatin over 1/4 cup Prosecco in a small bowl and let stand 1 minute to soften. Bring 1 cup Prosecco to a boil with sugar, stirring until sugar is dissolved.
- ☐ Remove from heat and add gelatin mixture, stirring until dissolved. Stir in remaining 3/4 cup Prosecco and lemon juice, then transfer to a metal bowl set in a larger bowl of ice and cold water. Cool mixture, stirring occasionally, just to room temperature.
- ☐ Slowly pour mixture over fruit, then chill, covered, until firm, at least 6 hours.
- ☐ To unmold, dip pan in a larger pan of hot water 3 to 5 seconds to loosen. Invert a serving plate over terrine and invert terrine onto plate.
- ☐ ·To peel peaches, first cut an X in the end opposite the stem and immerse in boiling water (15 seconds).
- ☐ Transfer it to ice water and peel.· Terrine can chill up to 3 days. Unmold just before serving.·To achieve a look similar to that on our cover, use 6 (8-oz) ceramic or stainless- steel molds and 2 cups of fruit and double the gelatin mixture. Once gelatin is at room temperature, spoon 3 tablespoons into each mold, then chill 1 hour to set. (Keep remaining gelatin at room temperature.) Arrange 1/3 cup of fruit in each mold and divide remaining gelatin mixture among molds. Chill, covered, until firm, at least 6 hours.
- ☐ Each serving contains about 290 calories.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:2.1560869506034%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 120.55kcal (6.03%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 28g (10.18%), Sugar: 25.84g (28.71%), Cholesterol: 0mg (0%), Sodium: 8.76mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Fiber: 1.9g (7.6%), Vitamin A: 357.95IU (7.16%), Copper: 0.12mg (5.98%), Vitamin K: 5.45µg (5.19%), Vitamin C: 3.09mg (3.75%), Potassium: 107.22mg (3.06%), Vitamin B3: 0.47mg (2.33%), Iron: 0.39mg (2.17%), Vitamin B2: 0.03mg (2.01%), Manganese: 0.03mg (1.7%), Magnesium: 6.3mg (1.58%), Phosphorus: 14.86mg (1.49%)