



## Prosecco Jelly with Nectarines, Blueberries, and Candied Orange Peel



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 6 ounces blueberries fresh
- ☐ 2 tablespoons gelatin powder unflavored
- ☐ 0.3 cup grand marnier
- ☐ 3 nectarines pitted halved cut into 1/2-inch-thick slices
- ☐ 2 large oranges
- ☐ 1 pinch salt
- ☐ 1.5 tablespoons sugar

- ☐ 2.8 cups water divided
- ☐ 750 ml prosecco

## Equipment

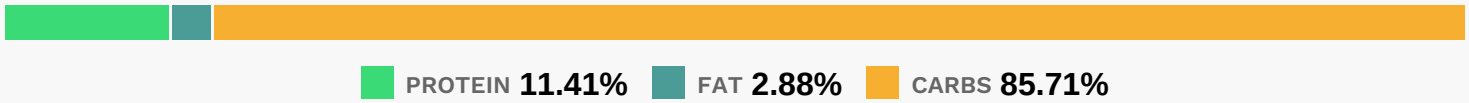
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

## Directions

- ☐ Pour Prosecco into large bowl.
- ☐ Pour 3/4 cup cold water into small saucepan; sprinkle gelatin over and let stand until gelatin softens, about 5 minutes.
- ☐ Add sugar to gelatin mixture and stir over medium-low heat just until sugar and gelatin dissolve, about 5 minutes (do not boil).
- ☐ Whisk gelatin mixture into Prosecco (mixture will foam; let stand to settle). Cover and refrigerate at least 3 hours. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Using vegetable peeler and working from top of orange toward bottom, remove peel (orange part only) from oranges in long strips.
- ☐ Cut orange peel lengthwise into 1/8-inch-wide strips.
- ☐ Bring 2 cups water to boil in small saucepan.
- ☐ Add pinch of salt and orange peel; reduce heat to medium and simmer 15 minutes.
- ☐ Drain. Return peel to same pan.
- ☐ Add remaining 3/4 cup water, sugar, and Grand Marnier. Bring to boil; reduce heat to medium and simmer until thick syrup forms and mixture is reduced to 1/2 cup, about 20 minutes. Cool peel completely in syrup. (Can be made 2 days ahead. Cover and keep refrigerated. Bring to room temperature before continuing.)
- ☐ Toss all ingredients in large bowl to blend.
- ☐ Let stand until sugar dissolves, about 5 minutes.

Using spoon, scoop Prosecco jelly into bite-size pieces. Divide among 8 serving bowls or goblets. Spoon fruit over jelly. Scatter 1 teaspoon candied orange peel over each serving.

## Nutrition Facts



### Properties

Glycemic Index:26.32, Glycemic Load:6.57, Inflammation Score:-6, Nutrition Score:5.5808695399243%

### Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg, Malvidin: 14.43mg Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Hesperetin: 12.92mg, Hesperetin: 12.92mg, Hesperetin: 12.92mg, Hesperetin: 12.92mg Naringenin: 7.41mg, Naringenin: 7.41mg, Naringenin: 7.41mg, Naringenin: 7.41mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 169.73kcal (8.49%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.07g (6.57%), Sugar: 16.15g (17.95%), Cholesterol: 0mg (0%), Sodium: 24.84mg (1.08%), Alcohol: 11.71g (100%), Alcohol %: 4.81% (100%), Protein: 2.73g (5.45%), Vitamin C: 28.08mg (34.03%), Manganese: 0.23mg (11.31%), Fiber: 2.41g (9.65%), Potassium: 239.45mg (6.84%), Copper: 0.13mg (6.71%), Vitamin A: 291.77IU (5.84%), Magnesium: 21.6mg (5.4%), Vitamin K: 5.55µg (5.28%), Vitamin B6: 0.1mg (4.98%), Folate: 19.75µg (4.94%), Vitamin B1: 0.07mg (4.77%), Vitamin B3: 0.93mg (4.65%), Phosphorus: 41.08mg (4.11%), Vitamin B2: 0.06mg (3.59%), Vitamin E: 0.53mg (3.53%), Calcium: 32.8mg (3.28%), Iron: 0.55mg (3.04%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.31mg (2.03%), Selenium: 1.07µg (1.53%)