



Prosecco Jelly with Nectarines, Blueberries, and Candied Orange Peel

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 ounces blueberries fresh
- 2 tablespoons gelatin powder unflavored
- 0.3 cup orange liqueur
- 3 nectarines pitted halved cut into 1/2-inch-thick slices
- 2 large cranberry-orange relish
- 1 pinch salt
- 1.5 tablespoons sugar

- 2.8 cups water divided

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

PROTEIN 12.45% FAT 3.22% CARBS 84.33%

Properties

Glycemic Index:24.45, Glycemic Load:6.2, Inflammation Score:-5, Nutrition Score:4.7095651211946%

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: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 91.75kcal (4.59%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 15.6g (5.67%), Sugar: 15.24g (16.93%), Cholesterol: 0mg (0%), Sodium: 20.09mg (0.87%), Alcohol: 1.92g (100%), Alcohol %: 1.14% (100%), Protein: 2.66g (5.32%), Vitamin C: 28.08mg (34.03%), Fiber: 2.41g (9.65%), Copper: 0.13mg (6.52%), Vitamin A: 291.77IU (5.84%), Manganese: 0.11mg (5.74%), Vitamin K: 5.17µg (4.92%), Potassium: 171.93mg (4.91%), Folate: 18.8µg (4.7%), Vitamin B1: 0.07mg (4.45%), Vitamin B3: 0.83mg (4.14%), Vitamin E: 0.53mg (3.53%), Magnesium: 12.09mg (3.02%), Vitamin B2: 0.05mg (2.75%), Vitamin B6: 0.05mg (2.6%), Calcium: 24.24mg (2.42%), Vitamin B5: 0.24mg (2.42%), Phosphorus: 23.96mg (2.4%), Iron: 0.29mg (1.61%), Selenium: 0.98µg (1.4%), Zinc: 0.19mg (1.27%)