



Prosecco Pop



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

DESSERT

Ingredients

- ☐ 0.5 cup flat prosecco stir to make sure all bubbles are gone
- ☐ 2 kiwifruit peeled sliced
- ☐ 0.5 cup strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

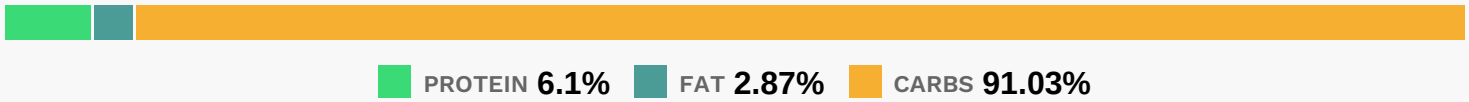
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar and water in a small saucepan; bring to a boil, stirring constantly. Boil 30 seconds, remove from heat, and let cool 5 minutes.
- ☐ Combine sugar syrup and prosecco.
- ☐ Add 1 or 2 pieces fruit to each of 8 molds. Fill molds with prosecco mixture, and add the pop sticks; freeze about 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:17.92, Inflammation Score:-1, Nutrition Score:3.3452174197073%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 104.86kcal (5.24%), Fat: 0.34g (0.53%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 23.37g (8.5%), Sugar: 14.96g (16.62%), Cholesterol: 0mg (0%), Sodium: 81.35mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 22.29mg (27.01%), Vitamin K: 9.37µg (8.92%), Manganese: 0.13mg (6.43%), Fiber: 1.19g (4.75%), Vitamin B1: 0.05mg (3.19%), Copper: 0.06mg (3.14%), Folate: 11.62µg (2.91%), Phosphorus: 24.24mg (2.42%), Calcium: 22.69mg (2.27%), Magnesium: 8.8mg (2.2%), Potassium: 76.81mg (2.19%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.32mg (2.15%), Iron: 0.3mg (1.69%), Vitamin B2: 0.02mg (1.43%), Vitamin B6: 0.02mg (1.16%), Zinc: 0.17mg (1.14%), Vitamin B5: 0.11mg (1.12%)