



Prosecco-Raspberry Gelée



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- 3.5 teaspoon gelatin powder unflavored (measured from two)
- 2 tablespoons juice of lemon fresh divided
- 0.8 teaspoon orange-flower water
- 9 ounces raspberries fresh
- 0.8 cup sugar divided

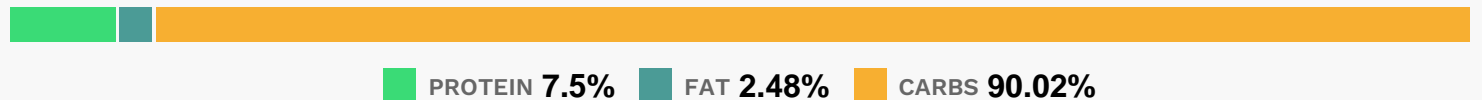
Equipment

- bowl
- slotted spoon

Directions

- Place raspberries, 1/4 cup sugar, and 1 tablespoon lemon juice in a medium bowl; toss gently to combine.
- Let stand at room temperature until raspberries release their juices, tossing occasionally, 20–30 minutes.
- Place 1/2 cup Prosecco in a small bowl.
- Sprinkle gelatin over and let stand 5 minutes to soften. Bring 1 cup Prosecco to a boil with remaining 1/2 cup plus 2 tablespoons sugar, stirring until sugar is dissolved.
- Remove from heat; add gelatin mixture and stir until dissolved.
- Transfer gelatin mixture to a large pitcher.
- Add raspberries with juices, remaining Prosecco, remaining 1 tablespoon lemon juice, and orange-flower water (if using), stirring to dissolve any sugar.
- Using a slotted spoon, divide raspberries equally among coupe glasses or other small wide, shallow glasses or cups. Divide
- Prosecco mixture equally among glasses, about 3/4 cup per glass. Chill gelée until firm, about 3 hours. DO AHEAD: Gelées can be made up to 2 days ahead. Cover and keep chilled.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:18.05, Inflammation Score:-1, Nutrition Score:3.1847826099914%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,
Naringenin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 127.28kcal (6.36%), Fat: 0.37g (0.57%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 30.31g (10.1%), Net
Carbohydrates: 27.53g (10.01%), Sugar: 26.96g (29.95%), Cholesterol: 0mg (0%), Sodium: 5.3mg (0.23%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin C: 13.08mg (15.85%), Manganese: 0.29mg
(14.45%), Fiber: 2.78g (11.12%), Copper: 0.09mg (4.56%), Vitamin K: 3.32µg (3.16%), Folate: 10.63µg (2.66%),
Magnesium: 10.17mg (2.54%), Vitamin E: 0.38mg (2.52%), Potassium: 70.24mg (2.01%), Iron: 0.34mg (1.87%),
Selenium: 1.16µg (1.66%), Vitamin B2: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.49%), Phosphorus: 13.64mg (1.36%),
Vitamin B3: 0.26mg (1.3%), Vitamin B6: 0.03mg (1.29%), Calcium: 12.46mg (1.25%), Zinc: 0.19mg (1.25%), Vitamin B1:
0.02mg (1.03%)