



Prosecco-Raspberry Gelée



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

BEVERAGE

DRINK

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
- ☐ 750 ml prosecco italian chilled divided (sparkling wine)

Equipment

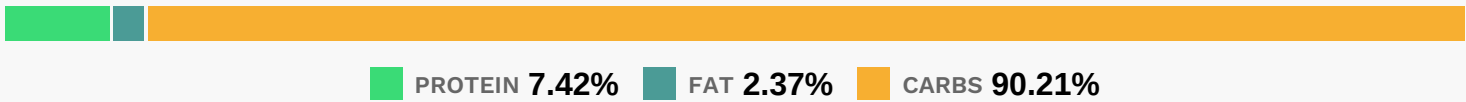
- ☐ bowl

☐ 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:-5, Nutrition Score:3.9082608443239%

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 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 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: 188.38kcal (9.42%), Fat: 0.37g (0.57%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 31.76g (10.59%), Net
Carbohydrates: 28.99g (10.54%), Sugar: 28.39g (31.54%), Cholesterol: 0mg (0%), Sodium: 14.03mg (0.61%),
Alcohol: 7.98g (100%), Alcohol %: 5.05% (100%), Protein: 2.61g (5.22%), Vitamin C: 13.08mg (15.85%), Manganese:
0.29mg (14.45%), Fiber: 2.78g (11.12%), Magnesium: 22.64mg (5.66%), Copper: 0.1mg (5.25%), Potassium: 179.96mg
(5.14%), Iron: 0.83mg (4.64%), Phosphorus: 32.35mg (3.23%), Vitamin K: 3.32µg (3.16%), Folate: 11.88µg (2.97%),
Vitamin B6: 0.05mg (2.54%), Vitamin E: 0.38mg (2.52%), Calcium: 23.69mg (2.37%), Vitamin B2: 0.04mg (2.32%),
Selenium: 1.41µg (2.02%), Vitamin B3: 0.39mg (1.93%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.15mg (1.49%), Vitamin B1:
0.02mg (1.03%)