



Prosecco-Rose Petal Pops



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

Ingredients



1 cup flat parsely cold



1.5 teaspoons juice of lemon freshly squeezed



0.3 cup rosewater



30 hibiscus tea simple syrup red rinsed



1 cup grape juice white

Equipment

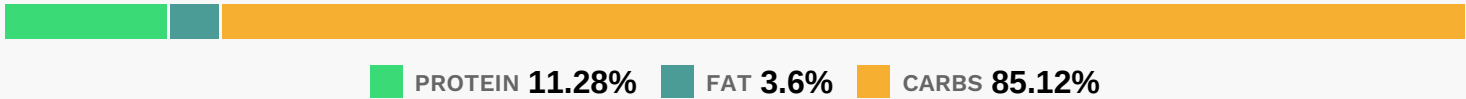


bowl

Directions

- ☐ In a large bowl, stir together the grape juice, Prosecco, rose water, and lemon juice. Fill ice pop molds about one-third full. Drop two or three rose petals into each mold and freeze until set, about 30 minutes.
- ☐ Fill the molds another third of the way full and drop two or three more rose petals in each mold. Insert sticks. Freeze until set, about 30 minutes. Fill all the way with the remaining Prosecco mixture and drop two or three more rose petals into each mold. Freeze until set, at least 8 hours or up to 1 week.
- ☐ To unmold the pops, run hot water over the outsides of the molds for a few seconds, then gently pull the sticks.
- ☐ From Perfect Pops: The 50 Best Classic & Cool Treats by Charity Ferreira. Text copyright © 2011 by Charity Ferreira; photography copyright © 2011 by Leigh Beisch. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:20.46, Inflammation Score:-1, Nutrition Score:2.7934782625702%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 134.01kcal (6.7%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 27.32g (9.94%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 213.67mg (9.29%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Manganese: 0.29mg (14.53%), Vitamin B1: 0.11mg (7.52%), Vitamin B3: 0.9mg (4.52%), Phosphorus: 44.3mg (4.43%), Calcium: 39.02mg (3.9%), Fiber: 0.96g (3.82%), Copper: 0.07mg (3.7%), Iron: 0.66mg (3.68%), Magnesium: 14.69mg (3.67%), Potassium: 93.46mg (2.67%), Vitamin B2: 0.04mg (2.63%), Folate: 9.76µg (2.44%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.18mg (1.78%), Vitamin B6: 0.03mg (1.37%)