



Raspberry and Aperol Floats



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 24 ounce seltzer water canned
- ☐ 6 ounces raspberries
- ☐ 0.3 cup sugar
- ☐ 1 sprig thyme leaves
- ☐ 1 pint whipped cream
- ☐ 0.3 cup frangelico ()
- ☐ 0.3 cup frangelico ()

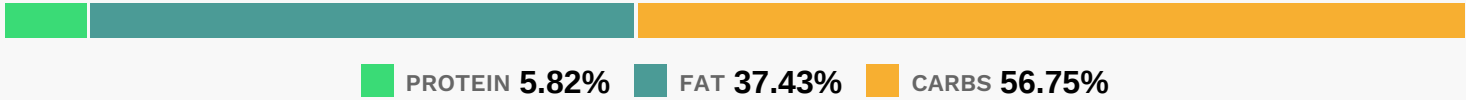
Equipment

☐ sauce pan

Directions

- ☐ Bring thyme, sugar, and 1/4 cup water to a boil in a small saucepan, stirring to dissolve sugar.
- ☐ Remove from heat, cover, and let sit 15 minutes.
- ☐ Remove thyme sprig and let syrup cool. Stir in 1/4 cup Aperol.
- ☐ Divide syrup and raspberries among 4 tall glasses and muddle gently. Dividing evenly, add ice cream and top off each with club soda and more Aperol, if desired.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:25.86, Inflammation Score:-6, Nutrition Score:7.6808696259623%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 315.36kcal (15.77%), Fat: 13.33g (20.51%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 45.49g (15.16%), Net Carbohydrates: 41.86g (15.22%), Sugar: 39.43g (43.81%), Cholesterol: 52.05mg (17.35%), Sodium: 130.93mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Vitamin B2: 0.3mg (17.86%), Calcium: 171.69mg (17.17%), Manganese: 0.3mg (15.04%), Vitamin C: 12.25mg (14.85%), Fiber: 3.63g (14.51%), Phosphorus: 136.81mg (13.68%), Vitamin A: 523.93IU (10.48%), Potassium: 304.79mg (8.71%), Vitamin B5: 0.83mg (8.28%), Zinc: 1.17mg (7.8%), Vitamin B12: 0.46µg (7.69%), Magnesium: 28.02mg (7%), Vitamin E: 0.72mg (4.83%), Vitamin B1: 0.06mg (4.15%), Vitamin B6: 0.08mg (4.05%), Copper: 0.08mg (3.9%), Folate: 14.96µg (3.74%), Vitamin K: 3.67µg (3.5%), Selenium: 2.29µg (3.27%), Iron: 0.47mg (2.59%), Vitamin B3: 0.4mg (1.98%), Vitamin D: 0.24µg (1.58%)