



Raspberry-Lemon Prosecco Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



23 kcal

SIDE DISH

Ingredients



0.3 cup juice of lemon fresh



1 tablespoon lemon zest grated



1 cup raspberries fresh



0.3 cup sugar



1500 milliliter frangelico chilled

Equipment



bowl



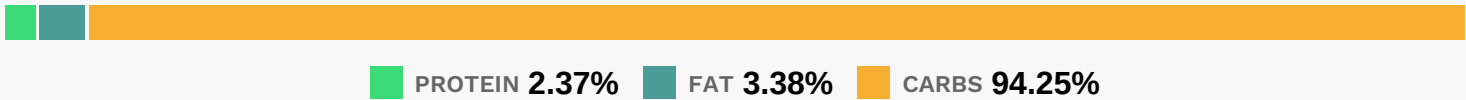
sauce pan

☐ sieve

Directions

- ☐ Combine sugar and juice in a small saucepan; bring to a boil. Reduce heat, and simmer 1 minute, stirring until sugar dissolves.
- ☐ Remove from heat. Stir in rind. Cover and refrigerate overnight. Strain mixture through a fine sieve into a bowl; discard solids.
- ☐ Combine lemon syrup and prosecco in a pitcher.
- ☐ Pour about 1/2 cup prosecco mixture into each of 12 Champagne flutes; garnish each serving with 3 raspberries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:3.05, Inflammation Score:0, Nutrition Score:0.86869565818621%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 22.59kcal (1.13%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 0.22mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin C: 5.23mg (6.34%), Manganese: 0.07mg (3.39%),

Fiber: 0.72g (2.87%)