



Sparkling Fruit Gelées



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup banana sliced
- ☐ 1.3 cups blueberries fresh
- ☐ 3.5 teaspoons gelatin powder unflavored
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.7 cup raspberries fresh
- ☐ 2.7 cups sparkling wine divided
- ☐ 2 cups strawberries sliced
- ☐ 0.7 cup sugar

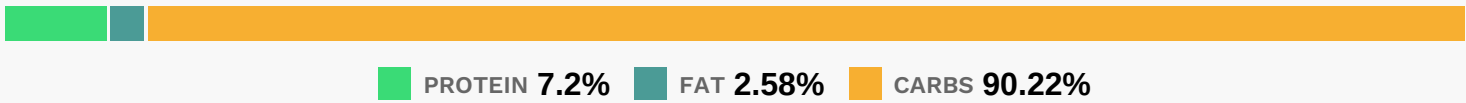
Equipment

☐ sauce pan

Directions

- ☐ Sprinkle gelatin over 2/3 cup wine in a small saucepan, and let stand 5 minutes.
- ☐ Place saucepan over low heat; cook 5 minutes or until gelatin dissolves, stirring constantly.
- ☐ Combine sugar and 2/3 cup wine in a medium saucepan over medium heat; cook 5 minutes or until sugar dissolves, stirring the mixture frequently.
- ☐ Remove from heat; stir in remaining 1 1/3 cups wine.
- ☐ Add gelatin mixture and lemon juice, stirring well.
- ☐ Divide mixture evenly among 8 (6-ounce) Champagne flutes or wineglasses.
- ☐ Combine the strawberries and remaining ingredients. Stir about 1/2 cup fruit mixture into each glass; cover and chill 6 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:28.86, Glycemic Load:15.17, Inflammation Score:-5, Nutrition Score:4.9443478454714%

Flavonoids

Cyanidin: 7.27mg, Cyanidin: 7.27mg, Cyanidin: 7.27mg, Cyanidin: 7.27mg Petunidin: 7.85mg, Petunidin: 7.85mg, Petunidin: 7.85mg Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg Pelargonidin: 9.04mg, Pelargonidin: 9.04mg, Pelargonidin: 9.04mg Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Luteolin: 0.05mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 151.03kcal (7.55%), Fat: 0.36g (0.55%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 25.78g (9.37%), Sugar: 23.79g (26.43%), Cholesterol: 0mg (0%), Sodium: 9.96mg (0.43%), Alcohol: 5.03g (100%), Alcohol %: 3.49% (100%), Protein: 2.24g (4.48%), Vitamin C: 28.24mg (34.23%), Manganese: 0.33mg (16.27%), Fiber: 2.29g (9.18%), Vitamin K: 6.4µg (6.09%), Potassium: 206.34mg (5.9%), Magnesium: 20.14mg (5.03%), Copper: 0.1mg (4.91%), Vitamin B6: 0.1mg (4.91%), Folate: 16.53µg (4.13%), Iron: 0.66mg (3.68%), Phosphorus: 29.93mg (2.99%), Vitamin B2: 0.05mg (2.73%), Vitamin B3: 0.47mg (2.34%), Vitamin E: 0.35mg (2.32%), Calcium: 18.72mg (1.87%), Selenium: 1.26µg (1.81%), Vitamin B1: 0.03mg (1.73%), Vitamin B5: 0.16mg (1.56%), Zinc: 0.22mg (1.46%)