



Sparkling Strawberry Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 1.3 cups champagne chilled
- ☐ 2 teaspoons light-colored corn syrup
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds strawberries fresh sliced
- ☐ 0.8 cup sugar
- ☐ 0.3 cup water

Equipment

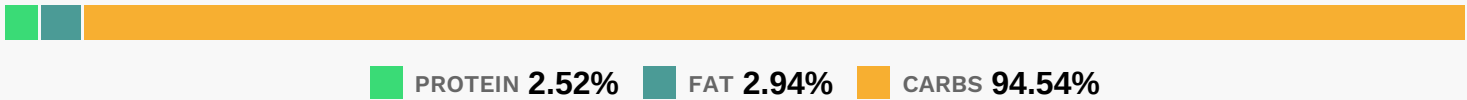
- ☐ food processor

- ☐ bowl
- ☐ sieve
- ☐ microwave

Directions

- ☐ Combine sugar and 1/4 cup water in a microwave-safe bowl; microwave at HIGH for 3 minutes or until boiling. Stir until sugar dissolves, and cool.
- ☐ Combine berries, juice, and corn syrup in a food processor; process until smooth. Strain through a sieve over a bowl, pressing to extract juices; discard solids.
- ☐ Combine the sugar syrup, strawberry mixture, and wine. Divide mixture among 8 (4-ounce) ice-pop molds. Top with lid; insert craft sticks. Freeze 4 hours or until thoroughly frozen.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:16.03, Inflammation Score:-5, Nutrition Score:7.0256522932778%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 134.44kcal (6.72%), Fat: 0.41g (0.64%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 27.71g (10.08%), Sugar: 26.7g (29.66%), Cholesterol: 0mg (0%), Sodium: 5.86mg (0.25%), Alcohol: 2.36g (100%), Alcohol %: 1.64% (100%), Protein: 0.8g (1.6%), Vitamin C: 68.13mg (82.58%), Manganese: 0.44mg (21.95%), Fiber: 2.28g (9.12%), Folate: 28.33µg (7.08%), Potassium: 210.21mg (6.01%), Magnesium: 18.75mg (4.69%), Iron: 0.62mg (3.47%), Phosphorus: 33.05mg (3.3%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (3.08%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 2.49µg (2.38%), Calcium: 22.42mg (2.24%), Vitamin E: 0.33mg (2.23%), Vitamin B1: 0.03mg (1.97%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.2mg (1.36%)