



Strawberry & Prosecco jellies



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



159 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 200 g caster sugar
- ☐ 450 g strawberry hulled quartered for decoration,
- ☐ 6 sheets gelatine
- ☐ 750 ml prosecco
- ☐ 750 ml prosecco

Equipment

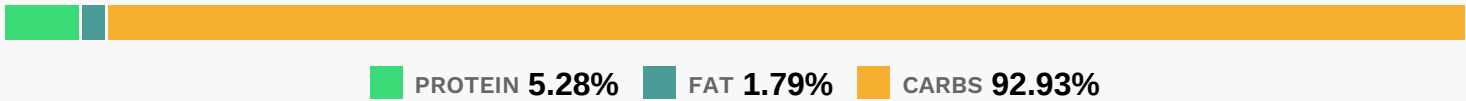
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Put 150ml water and the sugar in a large saucepan and heat gently until the sugar has completely dissolved.
- ☐ Add the strawberries, bring to the boil, then bubble for 5 mins without stirring, until the fruit has softened and the liquid is red, fragrant and syrupy.
- ☐ Strain the hot syrup through a sieve into a large jug (be careful not to push the strawberries through the sieve as the jelly will become cloudy), then leave to cool for a few mins. Discard the cooked strawberries. While the syrup is cooling, soak the gelatine in a bowl of cold water. When soft, squeeze the excess water from the gelatine sheets and stir into the syrup until completely melted.
- ☐ Divide the extra strawberries between 6 x 200–250ml Champagne flutes or stemmed glasses. Open the Prosecco, mix it briefly with the strawberry syrup, then pour into the glasses over the strawberries. Chill overnight, then serve.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:24.97, Inflammation Score:-3, Nutrition Score:4.6365217592405%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.64mg, Pelargonidin: 18.64mg, Pelargonidin: 18.64mg, Pelargonidin: 18.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 159.03kcal (7.95%), Fat: 0.33g (0.51%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 38.96g (12.99%),
Net Carbohydrates: 37.46g (13.62%), Sugar: 36.93g (41.04%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 44.1mg (53.45%), Manganese: 0.29mg
(14.65%), Fiber: 1.5g (6%), Folate: 18.6µg (4.65%), Copper: 0.08mg (4.08%), Potassium: 115.74mg (3.31%),
Magnesium: 10.19mg (2.55%), Iron: 0.35mg (1.92%), Phosphorus: 18.78mg (1.88%), Selenium: 1.29µg (1.84%), Vitamin
B6: 0.04mg (1.77%), Vitamin B2: 0.03mg (1.61%), Vitamin K: 1.65µg (1.57%), Vitamin B3: 0.29mg (1.46%), Vitamin E:
0.22mg (1.45%), Calcium: 13.43mg (1.34%), Vitamin B1: 0.02mg (1.23%)