

Blackberry Prosecco Popsicle

BakersRoyale
www.EndlessSimmer.com

Yield: 12 2.5-ounce popsicles

20 ounces Prosecco
1/3 cup blackberries
4 ounces creme de cassis
splash lime juice
2 pinches lime zest

In a bowl, place the blackberries. Pour the creme de cassis over the top and toss to coat. Using a muddler or a rounded blunt end kitchen tool, crush the berries into the creme de cassis. Add the lime juice and zest. Toss to combine.

Measure out approximately one teaspoon of the berry mixture into the bottom of your popsicle form. Pour the Prosecco on top.

Freeze for about two hours or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert popsicle sticks and finish freezing the popsicles overnight.

Do not remove from freezer until ready to serve, or plate over crushed ice as the carbonation in the Prosecco creates tiny air pockets that will make the popsicles melt faster.

Cordial glasses were used but any form will work.

Per Serving (excluding unknown items): 346 Calories; trace Fat (0.7% calories from fat); trace Protein; 59g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit.

Desserts

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 346 |
| % Calories from Fat: | 0.7% |
| % Calories from Carbohydrates: | 98.7% |
| % Calories from Protein: | 0.6% |
| Total Fat (g): | trace |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 59g |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | trace |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 16mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 321 |
| % Refused: | 0.0% |

Food Exchanges

Dietary Fiber (g): 3g
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 94mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 79IU
Vitamin A (r.e.): 7 1/2RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 346 Calories from Fat: 2

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | trace | 0% |
| Total Carbohydrates | 59g | 20% |
| Dietary Fiber | 3g | 10% |
| Protein | trace | |
| <hr/> | | |
| Vitamin A | | 2% |
| Vitamin C | | 17% |
| Calcium | | 2% |
| Iron | | 2% |

** Percent Daily Values are based on a 2000 calorie diet.*