



## Apricot Bellinis

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



191 kcal

BEVERAGE

DRINK

### Ingredients

- 30 ounce apricots drained canned
- 23 ounce all-natural apricot nectar canned
- 8 servings ice crushed
- 8 servings mint leaves fresh
- 750 milliliter sparkling wine chilled
- 0.5 cup sugar

### Equipment

- blender

## Directions

- Process half each of first 3 ingredients in a blender until smooth, stopping to scrape down sides. Repeat with remaining apricot halves, nectar, and sugar.
- Serve over crushed ice with sparkling wine.
- Garnish, if desired.
- \*2 (12-ounce) cans ginger ale or lemon-lime soda may be substituted.
- Note: You can stir together the apricot mixture and the sparkling wine in a pitcher. Be sure and do this just before serving.

## Nutrition Facts

 **PROTEIN 4.31%**  **FAT 4.65%**  **CARBS 91.04%**

## Properties

Glycemic Index:13.97, Glycemic Load:12.76, Inflammation Score:-9, Nutrition Score:8.6486956658571%

## Flavonoids

Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 191.32kcal (9.57%), Fat: 0.83g (1.28%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 34.29g (12.47%), Sugar: 33.81g (37.56%), Cholesterol: 0mg (0%), Sodium: 14.61mg (0.64%), Alcohol: 5.99g (100%), Alcohol %: 2.56% (100%), Protein: 1.73g (3.46%), Vitamin A: 3162.63IU (63.25%), Vitamin C: 35.16mg (42.61%), Potassium: 418.19mg (11.95%), Fiber: 2.29g (9.15%), Vitamin E: 1.28mg (8.54%), Magnesium: 24.87mg (6.22%), Manganese: 0.12mg (6.01%), Copper: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.44%), Vitamin B6: 0.11mg (5.38%), Iron: 0.93mg (5.15%), Vitamin B3: 0.87mg (4.35%), Phosphorus: 43.28mg (4.33%), Vitamin K: 4.49µg (4.27%), Vitamin B2: 0.07mg (4.07%), Calcium: 33.79mg (3.38%), Vitamin B5: 0.34mg (3.37%), Folate: 12.46µg (3.11%), Zinc: 0.32mg (2.16%)