



Apricot-Ginger Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 ounce apricot halves in syrup light drained canned
- ☐ 2 inch ginger fresh peeled halved
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.8 cup sugar
- ☐ 0.8 cup water
- ☐ 750 milliliter prosecco

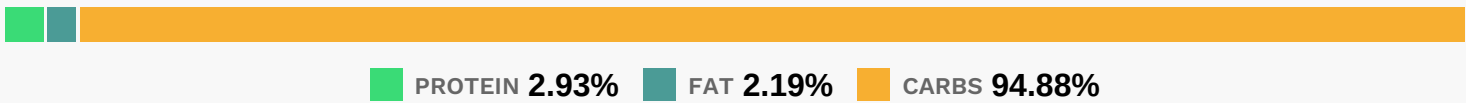
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ colander

Directions

- ☐ To prepare sugar syrup, combine water and sugar in a small saucepan. Bring to a boil; cook 2 minutes or until sugar dissolves.
- ☐ Add ginger.
- ☐ Remove from heat; cool. Chill 4 hours.
- ☐ Strain sugar syrup through a colander into a bowl; discard ginger.
- ☐ Place 1/3 cup sugar syrup in a blender; reserve remaining syrup for another use.
- ☐ Add rind, juice, and apricots to blender; process until smooth. Spoon 2 tablespoons apricot puree into each of 8 glasses. Top each with 1/3 cup prosecco; stir gently.

Nutrition Facts



Properties

Glycemic Index:21.72, Glycemic Load:15.52, Inflammation Score:-7, Nutrition Score:3.4843478047329%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 177.32kcal (8.87%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.33g (9.57%), Sugar: 24.58g (27.31%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 9.8g (100%), Alcohol %: 6.47% (100%), Protein: 0.85g (1.69%), Vitamin A: 1024.21IU (20.48%), Manganese: 0.16mg

(7.85%), Vitamin C: 5.66mg (6.86%), Potassium: 213.82mg (6.11%), Fiber: 1.11g (4.43%), Magnesium: 15.86mg (3.97%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.48mg (3.2%), Phosphorus: 30.07mg (3.01%), Copper: 0.05mg (2.72%), Iron: 0.49mg (2.7%), Vitamin B2: 0.04mg (2.34%), Vitamin B3: 0.44mg (2.18%), Vitamin K: 2.14µg (2.04%), Vitamin B5: 0.18mg (1.75%), Calcium: 16.77mg (1.68%), Zinc: 0.23mg (1.54%), Folate: 6.01µg (1.5%), Vitamin B1: 0.02mg (1.42%)