



Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients



16 ounce peach nectar chilled



6 servings garnish: raspberries fresh



750 milliliter sparkling wine chilled

Equipment

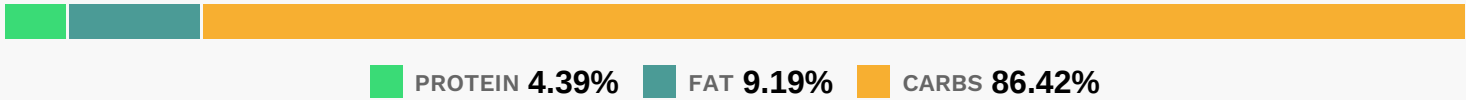
Directions



Fill each of 6 champagne flutes with 2 ounces of peach nectar and 4 ounces of sparkling wine.

- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used the sweet Italian sparkling wine prosecco.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:5.3739130289658%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 129.34kcal (6.47%), Fat: 0.82g (1.26%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 13.39g (4.87%), Sugar: 13.23g (14.7%), Cholesterol: 0mg (0%), Sodium: 17.64mg (0.77%), Alcohol: 7.98g (100%), Alcohol %: 3.89% (100%), Protein: 0.88g (1.77%), Manganese: 0.42mg (20.82%), Vitamin C: 15.72mg (19.05%), Fiber: 3.98g (15.9%), Magnesium: 28.69mg (7.17%), Potassium: 223.01mg (6.37%), Iron: 0.97mg (5.36%), Vitamin K: 5.59µg (5.32%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.06mg (4.3%), Vitamin A: 214.84IU (4.3%), Vitamin B6: 0.09mg (4.3%), Copper: 0.08mg (4.07%), Phosphorus: 38.37mg (3.84%), Folate: 14.6µg (3.65%), Calcium: 30.76mg (3.08%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.05mg (2.74%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.36mg (2.4%)