



Cook the Book: Guava Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon ginger juice (see Note)
- ☐ 2 tablespoons guava
- ☐ 1 serving raspberries fresh cold for garnish
- ☐ 4 ounces cooking wine dry chilled

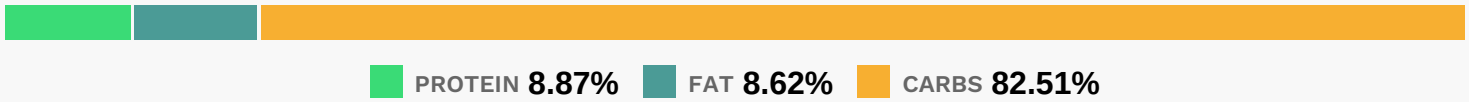
Equipment

- ☐ grater

Directions

- ☐ Gently mix the puree and ginger juice in a Champagne flute. Slowly add the Champagne. Stir gently.
- ☐ Garnish with raspberries and serve.
- ☐ Note: To make ginger juice, grate fresh ginger using a cheese grater, then use your fingers to squeeze the juice from the pulp. Discard the grated ginger pulp.

Nutrition Facts



Properties

Glycemic Index:106, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:10.194347827331%

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: 146.08kcal (7.3%), Fat: 0.67g (1.03%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 8.96g (3.26%), Sugar: 6.19g (6.87%), Cholesterol: 0mg (0%), Sodium: 7.19mg (0.31%), Alcohol: 11.79g (100%), Alcohol %: 7.19% (100%), Protein: 1.55g (3.11%), Vitamin C: 83.15mg (100.79%), Manganese: 0.59mg (29.35%), Fiber: 5.5g (21.99%), Potassium: 326.19mg (9.32%), Magnesium: 32.18mg (8.04%), Folate: 28.23µg (7.06%), Copper: 0.13mg (6.5%), Vitamin B6: 0.13mg (6.34%), Phosphorus: 51.91mg (5.19%), Vitamin K: 5.45µg (5.19%), Iron: 0.91mg (5.06%), Vitamin E: 0.74mg (4.92%), Vitamin B3: 0.87mg (4.33%), Vitamin A: 204.34IU (4.09%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.57%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.98%), Calcium: 29.4mg (2.94%)