



Four Flowers Mimosa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium banana ripe
- ☐ 2 tablespoons grenadine syrup
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons maple syrup
- ☐ 2 cups orange juice fresh divided
- ☐ 1 pineapple ripe
- ☐ 6 cups wine

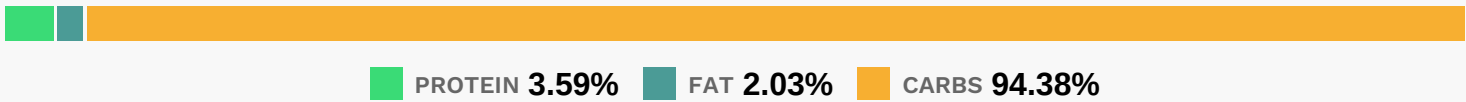
Equipment

- ☐ food processor
- ☐ plastic wrap

Directions

- ☐ Remove the skin from the pineapple.
- ☐ Cut it lengthwise into quarters.
- ☐ Cut off the thick core from each quarter. Slice 2 of the pineapple quarters lengthwise into long spears; wrap in plastic wrap and refrigerate until ready to serve.
- ☐ Chop the remaining pineapple quarters into chunks. In a food processor, puree the pineapple with 1/2 cup of the orange juice.
- ☐ Pour into a large pitcher.
- ☐ Using the processor, puree the bananas with 1/2 cup of the orange juice. Stir into the pitcher.
- ☐ Add the remaining orange juice, maple syrup, grenadine, and lemon juice. Cover and refrigerate until well chilled.
- ☐ In each of 12 tall glasses, pour 1/2 cup juice and 1/2 cup sparkling wine.
- ☐ Garnish each with a pineapple spear.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:15.65, Inflammation Score:-6, Nutrition Score:10.11391327433%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 5.6mg, Hesperetin: 5.6mg, Hesperetin: 5.6mg, Hesperetin: 5.6mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 212.42kcal (10.62%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 29.79g (10.83%), Sugar: 21.43g (23.81%), Cholesterol: 0mg (0%), Sodium: 8.92mg (0.39%), Alcohol: 12.36g (100%), Alcohol %: 5.48% (100%), Protein: 1.21g (2.43%), Vitamin C: 60.62mg (73.48%), Manganese: 1.07mg (53.33%), Vitamin B6: 0.31mg (15.3%), Potassium: 404.36mg (11.55%), Magnesium: 37.47mg (9.37%), Folate: 35.29µg (8.82%), Vitamin B2: 0.15mg (8.66%), Fiber: 2.16g (8.66%), Vitamin B1: 0.12mg (7.9%), Copper: 0.14mg (6.88%), Vitamin B3: 0.94mg (4.69%), Phosphorus: 43.55mg (4.35%), Vitamin B5: 0.43mg (4.26%), Iron: 0.74mg (4.09%), Calcium: 32.84mg (3.28%), Vitamin A: 151.66IU (3.03%), Zinc: 0.35mg (2.36%), Vitamin K: 1.25µg (1.19%)