



Honeydew Bellini Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups wedges honeydew melon cubed
- 2 teaspoons juice of lemon fresh
- 1 cup sparkling white wine
- 0.3 cup sugar



Equipment

- blender
- baking pan

Directions

- Combine honeydew melon, sugar, and lemon juice in a blender; process until smooth and sugar dissolves. Stir in prosecco; pour into an 11 x 7-inch baking dish. Cover and freeze 45 minutes. Stir honeydew mixture with a fork every 45 minutes until completely frozen and slushy (about 4 hours).
- Remove honeydew melon mixture from freezer; scrape mixture with a fork until fluffy.

Nutrition Facts

 PROTEIN 2.24%  FAT 1.63%  CARBS 96.13%

Properties

Glycemic Index:14.18, Glycemic Load:5.97, Inflammation Score:-2, Nutrition Score:1.9243478140105%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 85.65kcal (4.28%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 14.15g (5.14%), Sugar: 13.34g (14.83%), Cholesterol: 0mg (0%), Sodium: 12.3mg (0.53%), Alcohol: 4.12g (100%), Alcohol %: 4.9% (100%), Protein: 0.34g (0.68%), Vitamin C: 10.85mg (13.15%), Potassium: 159.48mg (4.56%), Vitamin B6: 0.07mg (3.53%), Manganese: 0.06mg (3.13%), Folate: 11.5µg (2.87%), Magnesium: 9.77mg (2.44%), Fiber: 0.46g (1.83%), Vitamin K: 1.8µg (1.72%), Vitamin B1: 0.02mg (1.6%), Vitamin B3: 0.28mg (1.41%), Phosphorus: 13.57mg (1.36%), Iron: 0.21mg (1.17%), Vitamin B5: 0.11mg (1.08%)