

Honeydew Mimosas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup ice crushed



6 servings lime wedges



750 ml sparkling wine chilled



1 tablespoon sugar

Equipment

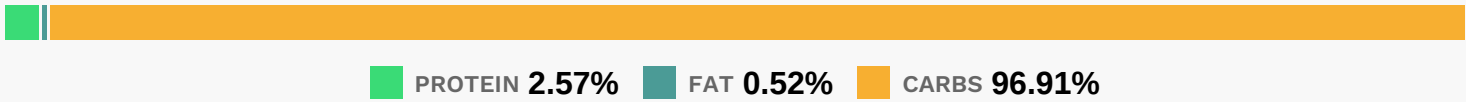


blender

Directions

- ☐ Combine first 3 ingredients in a blender. Process until smooth.
- ☐ Pour mixture into a large pitcher; add sparkling wine.
- ☐ Pour into glasses.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:1.42, Inflammation Score:-4, Nutrition Score:0.78434782183689%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 69.1kcal (3.45%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.53g (1.28%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 10.74mg (0.47%), Alcohol: 7.98g (100%), Alcohol %: 6.05% (100%), Protein: 0.09g (0.19%), Magnesium: 12.92mg (3.23%), Potassium: 110.79mg (3.17%), Iron: 0.51mg (2.81%), Phosphorus: 18.88mg (1.89%), Calcium: 12.76mg (1.28%), Vitamin B6: 0.03mg (1.27%), Copper: 0.02mg (1.04%)