



Italian Berry Float

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



140 kcal

Ingredients

- 2 cups lemon sorbet
- 4 servings mint sprigs
- 2 cups poached berries mixed (such as raspberries, strawberries, blackberries, and blueberries)
- 2 cups prosecco

Equipment

Directions

- Place 1/2 cup sorbet in each of 4 glasses. Arrange 1/2 cup berries evenly around sorbet in each glass.
- Pour 1/2 cup Prosecco over berries in each glass; garnish with mint sprigs.
- Serve immediately.

Nutrition Facts

PROTEIN 5.32%

FAT 5.69%

CARBS 88.99%

Properties

Glycemic Index:10.63, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:7.6613043339356%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 24.63mg, Hesperetin: 24.63mg, Hesperetin: 24.63mg, Hesperetin: 24.63mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 140.35kcal (7.02%), Fat: 0.61g (0.94%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 17.27g (6.28%), Sugar: 16.32g (18.13%), Cholesterol: 0mg (0%), Sodium: 9.35mg (0.41%), Alcohol: 7.55g (100%), Alcohol %: 3.34% (100%), Protein: 1.29g (2.58%), Vitamin C: 50.14mg (60.77%), Fiber: 4.33g (17.33%), Vitamin K: 12.71µg (12.1%), Potassium: 314.28mg (8.98%), Folate: 34.74µg (8.69%), Manganese: 0.15mg (7.41%), Vitamin B1: 0.1mg (6.93%), Magnesium: 25.48mg (6.37%), Vitamin B6: 0.12mg (6.23%), Vitamin A: 280.63IU (5.61%), Calcium: 55.25mg (5.53%), Vitamin B2: 0.08mg (4.65%), Iron: 0.75mg (4.18%), Copper: 0.08mg (4.12%), Phosphorus: 39.56mg (3.96%), Vitamin B3: 0.79mg (3.96%), Vitamin E: 0.53mg (3.56%), Vitamin B5: 0.33mg (3.25%), Zinc: 0.22mg (1.49%), Selenium: 0.76µg (1.09%)