

Lemon Rosé Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



92 kcal

BEVERAGE

DRINK

Ingredients



4 ounces champagne



1 lemon sorbet softened



2 raspberries for garnish



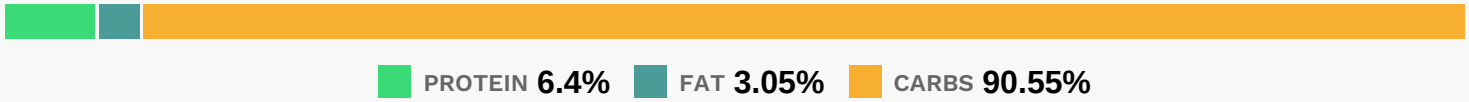
0.5 ounce vodka for a stronger drink (optional,)

Equipment

Directions

- ☐
- Combine the sorbet with the vodka in a cocktail shaker with ice. Shake vigorously.
- ☐
- Add the champagne and stir. Strain into a chilled champagne flute and garnish with floating raspberries.
- ☐
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Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:0.93391304617019%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 91.63kcal (4.58%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 8.79mg (0.38%), Alcohol: 11.99g (100%), Alcohol %: 11.46% (100%), Protein: 0.15g (0.29%), Magnesium: 12.22mg (3.05%), Potassium: 105.97mg (3.03%), Iron: 0.48mg (2.68%), Phosphorus: 18.88mg (1.89%), Manganese: 0.03mg (1.34%), Vitamin C: 1.05mg (1.27%), Vitamin B6: 0.02mg (1.24%), Fiber: 0.28g (1.12%), Calcium: 11.21mg (1.12%)