



Mango Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings garnish: mango thinly sliced
- ☐ 16 oz mango chunks frozen thawed
- ☐ 6 tablespoons powdered sugar
- ☐ 750 milliliter sparkling wine chilled

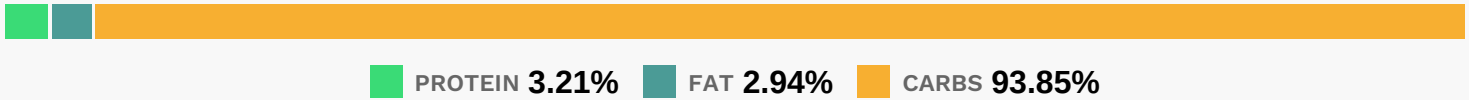
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Process mango, sugar, and 1/2 cup plus 2 Tbsp. water in a blender 30 seconds to 1 minute or until smooth, stopping to scrape down sides.
- ☐ Pour mixture through a wire-mesh strainer into a medium bowl; discard solids. Cover and chill until ready to serve (up to 4 hours).
- ☐ Spoon 3 Tbsp. mango puree into each of 6 Champagne flutes. Fill with Champagne; gently stir.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:5.31, Inflammation Score:-7, Nutrition Score:5.0352173836335%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 138.18kcal (6.91%), Fat: 0.29g (0.45%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 19.71g (7.17%), Sugar: 19.75g (21.95%), Cholesterol: 0mg (0%), Sodium: 9.65mg (0.42%), Alcohol: 7.98g (100%), Alcohol %: 4.83% (100%), Protein: 0.72g (1.43%), Vitamin C: 27.88mg (33.8%), Vitamin A: 828.8IU (16.58%), Folate: 34.18µg (8.55%), Potassium: 238.57mg (6.82%), Vitamin B6: 0.12mg (5.8%), Magnesium: 20.13mg (5.03%), Copper: 0.1mg (4.97%), Fiber: 1.23g (4.9%), Vitamin E: 0.69mg (4.6%), Iron: 0.63mg (3.48%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.22µg (3.06%), Phosphorus: 29.43mg (2.94%), Vitamin B2: 0.04mg (2.54%), Manganese: 0.05mg (2.43%), Calcium: 19.73mg (1.97%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.17mg (1.13%), Selenium: 0.76µg (1.08%)