



Mango-Orange Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



82 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 lime cut into wedges
- ☐ 1 cup mangos diced ripe
- ☐ 1.5 cups orange juice freshly squeezed
- ☐ 750 ml sparkling wine dry chilled for every 5 drinks,

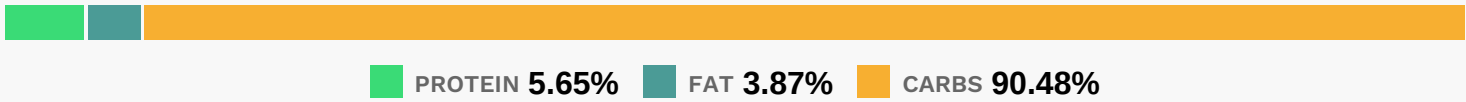
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine mango and orange juice and blend on high speed until smooth, about 2 minutes.
- ☐ Place 2 tablespoons purée into each glass, fill with a small amount of sparkling wine to loosen purée, then fill glasses with sparkling wine.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:16.97, Glycemic Load:4.1, Inflammation Score:-6, Nutrition Score:4.0600000801294%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 81.64kcal (4.08%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 9.25g (3.36%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 7.38mg (0.32%), Alcohol: 5.99g (100%), Alcohol %: 4.49% (100%), Protein: 0.62g (1.24%), Vitamin C: 33.19mg (40.24%), Vitamin A: 320.35IU (6.41%), Potassium: 218.49mg (6.24%), Folate: 24.42µg (6.11%), Magnesium: 17.03mg (4.26%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.07mg (3.27%), Iron: 0.55mg (3.06%), Copper: 0.06mg (2.95%), Phosphorus: 26.33mg (2.63%), Fiber: 0.66g (2.63%), Vitamin B3: 0.43mg (2.17%), Vitamin B2: 0.03mg (1.93%), Calcium: 18.56mg (1.86%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.15mg (1.47%), Manganese: 0.02mg (1.01%)