



Mimosa Fruit Cup with Cracked Sugar

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.5 cup champagne chilled
- 2 cups grapes green seedless halved
- 0.3 cup orange juice concentrate frozen undiluted thawed
- 1 cup orange sections fresh (2 medium oranges)
- 1 cup plums fresh sliced
- 2 cups strawberry halves fresh
- 0.3 cup sugar
- 2 tablespoons sugar

- 10 commercial waffle cone bowls
- 1.5 teaspoons water
- 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- bowl
- baking sheet
- sauce pan
- aluminum foil

Directions

- Combine 1/4 cup sugar and water in a small saucepan, and cook over medium heat until golden, stirring occasionally.
- Pour mixture onto an aluminum foil-lined baking sheet. Tilt baking sheet to spread mixture to 1/4-inch thickness. Cool completely; break into small pieces.
- Combine grapes and next 3 ingredients in a large bowl; toss gently.
- Combine champagne, orange juice concentrate, and 2 tablespoons sugar; stir well.
- Pour over fruit mixture; toss gently. Cover and chill 30 minutes, stirring occasionally.
- Spoon fruit mixture into waffle cone bowls; dollop each serving with 1 tablespoon whipped topping.
- Sprinkle with cracked sugar.
- Serve immediately.

Nutrition Facts



PROTEIN 5.04% **FAT 7.11%** **CARBS 87.85%**

Properties

Glycemic Index:38.33, Glycemic Load:15.83, Inflammation Score:-4, Nutrition Score:6.0317391623621%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 1.12g (1.72%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.23g (10.63%), Sugar: 22.49g (24.99%), Cholesterol: 0.08mg (0.03%), Sodium: 34.83mg (1.51%), Alcohol: 0.76g (100%), Alcohol %: 0.71% (100%), Protein: 1.78g (3.55%), Vitamin C: 39.34mg (47.68%), Manganese: 0.22mg (11.13%), Folate: 33.44µg (8.36%), Vitamin B1: 0.12mg (7.96%), Fiber: 1.75g (7.01%), Potassium: 233.71mg (6.68%), Vitamin K: 6.4µg (6.09%), Vitamin B2: 0.1mg (5.76%), Copper: 0.1mg (5.15%), Vitamin B3: 0.89mg (4.44%), Iron: 0.79mg (4.41%), Vitamin B6: 0.08mg (4.09%), Magnesium: 15.85mg (3.96%), Phosphorus: 37.29mg (3.73%), Vitamin A: 150.5IU (3.01%), Calcium: 26.74mg (2.67%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.28mg (1.9%), Selenium: 0.9µg (1.29%), Zinc: 0.19mg (1.27%)