



Mint Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



250 kcal

SIDE DISH

Ingredients

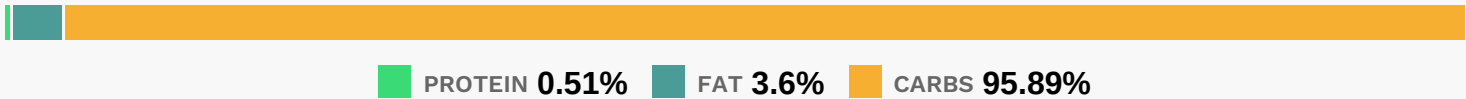
- ☐ 750 milliliter seltzer water
- ☐ 1 optional: lemon halved
- ☐ 1 slices optional: lemon
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 48 ounce peach nectar canned
- ☐ 2 cups sugar

Equipment

Directions

- ☐ Bring first 4 ingredients to a boil, and cook 20 minutes. Cool.
- ☐ Remove and discard lemon and mint; store mixture in an airtight container in refrigerator until ready to serve. Stir in Champagne before serving.
- ☐ Serve over ice; garnish, if desired.
- ☐ Prep: 10 min., Cook: 20 min.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:31.24, Inflammation Score:-3, Nutrition Score:2.3969565137573%

Flavonoids

Eriodictyol: 3.12mg, Eriodictyol: 3.12mg, Eriodictyol: 3.12mg, Eriodictyol: 3.12mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 249.78kcal (12.49%), Fat: 1.05g (1.62%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 62.57g (22.75%), Sugar: 62.97g (69.97%), Cholesterol: 0mg (0%), Sodium: 35.22mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin A: 446IU (8.92%), Vitamin C: 7.17mg (8.69%), Vitamin B1: 0.1mg (6.46%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.46mg (3.05%), Manganese: 0.05mg (2.49%), Fiber: 0.61g (2.44%), Magnesium: 8.9mg (2.23%), Copper: 0.04mg (2.21%), Vitamin B2: 0.04mg (2.18%), Potassium: 72.66mg (2.08%), Calcium: 20.04mg (2%), Vitamin K: 1.81µg (1.73%), Iron: 0.28mg (1.54%), Vitamin B5: 0.13mg (1.31%), Folate: 4.34µg (1.09%)