



Orange blossom Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

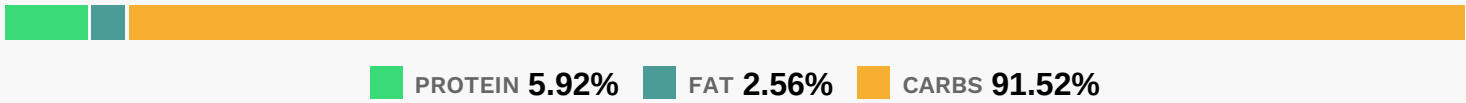
- ☐ 175 ml blood orange juice chilled
- ☐ 1 tbsp orange-flower water
- ☐ 6 servings champagne chilled

Equipment

Directions

Mix together orange juice and orange blossom water, then divide between 6 cocktail glasses.
Top up with champagne or prosecco and serve with nibbles like olives and salted almonds.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:2.223043501944%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.65mg, Hesperetin: 3.65mg, Hesperetin: 3.65mg, Hesperetin: 3.65mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 86.28kcal (4.31%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.85g (1.76%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 10.67mg (0.46%), Alcohol: 9.47g (100%), Alcohol %: 6.63% (100%), Protein: 0.32g (0.64%), Vitamin C: 15.29mg (18.53%), Potassium: 191.39mg (5.47%), Magnesium: 18.16mg (4.54%), Iron: 0.65mg (3.63%), Phosphorus: 27.4mg (2.74%), Folate: 10.65µg (2.66%), Vitamin B6: 0.04mg (2.09%), Vitamin B1: 0.03mg (1.83%), Calcium: 16.68mg (1.67%), Copper: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.27mg (1.35%), Vitamin A: 61.15IU (1.22%)