



Peach and Aperol Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 optional: lemon thinly sliced
- ☐ 1 cup peaches frozen thawed
- ☐ 750 ml sparkling wine dry chilled for every 5 servings,
- ☐ 1.5 teaspoons caster sugar
- ☐ 0.5 cup water

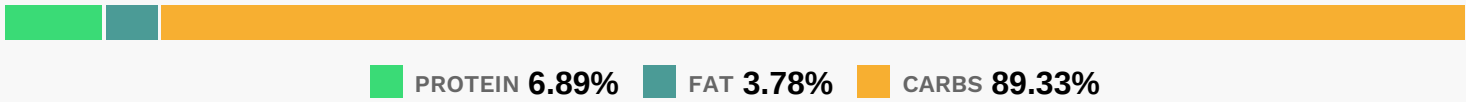
Equipment

- ☐ blender

Directions

- ☐ In a blender combine peaches, water, sugar, and Aperol. Blend on high speed until completely smooth, about 2 minutes.
- ☐ Pour 2 tablespoons of the mixture into each glass, add a small amount of sparkling wine to loosen the puree, then fill glasses completely.
- ☐ Garnish each glass with a lemon slice.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:1.6730434868647%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 60.71kcal (3.04%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 5.99g (100%), Alcohol %: 5.35% (100%), Protein: 0.39g (0.78%), Vitamin C: 7.94mg (9.63%), Potassium: 124.43mg (3.55%), Magnesium: 12.12mg (3.03%), Iron: 0.52mg (2.89%), Fiber: 0.67g (2.67%), Phosphorus: 20.42mg (2.04%), Vitamin B6: 0.03mg (1.72%), Copper: 0.03mg (1.64%), Calcium: 13.15mg (1.31%), Vitamin A: 65.72IU (1.31%), Vitamin B3: 0.26mg (1.31%), Vitamin B2: 0.02mg (1.07%), Vitamin E: 0.16mg (1.07%)