



Rossini Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 cups strawberries hulled
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water
- ☐ 750 milliliter prosecco chilled

Equipment

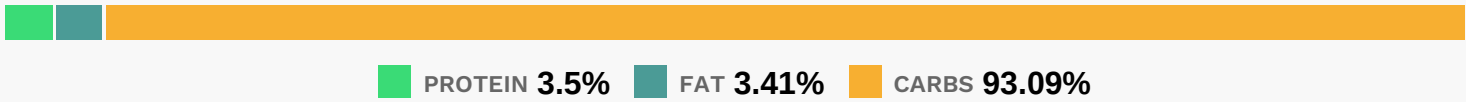
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine sugar and water in a small saucepan, stirring until sugar dissolves. Bring mixture to a boil over medium-high heat.
- ☐ Remove from heat.
- ☐ Place sugar mixture, strawberries, and lemon juice in a blender; process until smooth.
- ☐ Pour pureed strawberry mixture through a sieve over a medium bowl, reserving liquid. Discard solids.
- ☐ Place 3 tablespoons strawberry mixture into each of 8 Champagne flutes.
- ☐ Pour 1/3 cup wine into each flute.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:5.59, Inflammation Score:-4, Nutrition Score:3.8365217265875%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 87.99kcal (4.4%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 10.63g (3.87%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 7.37mg (0.32%), Alcohol: 5.99g (100%), Alcohol %: 4.7% (100%), Protein: 0.44g (0.88%), Vitamin C: 33.2mg (40.25%), Manganese: 0.21mg (10.46%), Potassium: 168.9mg (4.83%), Fiber: 1.09g (4.37%), Magnesium: 16.63mg (4.16%), Folate: 14.65µg (3.66%), Iron: 0.6mg (3.34%), Phosphorus: 27.29mg (2.73%), Vitamin B6: 0.05mg (2.29%), Copper: 0.04mg (1.89%), Calcium: 17.46mg (1.75%), Vitamin B3: 0.31mg (1.53%), Vitamin B2: 0.02mg (1.35%), Vitamin K: 1.19µg (1.13%), Vitamin E: 0.16mg (1.08%), Zinc: 0.15mg (1.02%)