



Virgin Pomegranate and Cranberry Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened chilled
- ☐ 1 bunch mint leaves fresh for garnish
- ☐ 1 cup ice cubes
- ☐ 2 limes thinly sliced
- ☐ 1.3 cups pomegranate juice unsweetened chilled
- ☐ 25.3 fluid ounces seltzer water chilled
- ☐ 1 cup sugar
- ☐ 1 cup water

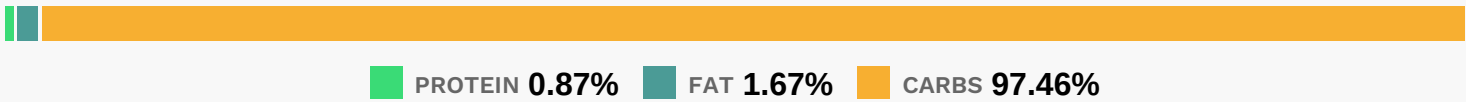
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: A 6 to 8 cup capacity punch bowl
- ☐ Place the ice in a punch bowl.
- ☐ Add the simple syrup, pomegranate juice, and cranberry juice. Stir well. Slowly pour in the sparkling water.
- ☐ Garnish with lime slices, mint sprigs and pomegranate seeds, if using, and serve.
- ☐ Serving Suggestion: As an alternative to serving from a punch bowl, make the bellini mixture in a 6 to 8 cup capacity pitcher. Divide the pomegranate seeds between 12 champagne flutes.
- ☐ Add 1 slice of lime and 1 sprig of mint to each glass.
- ☐ Pour the bellini mixture into the prepared glasses and serve.
- ☐ In a saucepan, combine water and sugar over medium heat. Bring to a boil, reduce heat and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved. Take the pan off the heat and allow the syrup to cool.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:20.01, Inflammation Score:-1, Nutrition Score:2.1156521620958%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 7.25mg, Hesperetin: 7.25mg, Hesperetin: 7.25mg, Hesperetin: 7.25mg Naringenin: 0.57mg, Naringenin:

0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 137.18kcal (6.86%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 35.11g (12.77%), Sugar: 33.96g (37.74%), Cholesterol: 0mg (0%), Sodium: 27.47mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 8.01mg (9.71%), Vitamin K: 5.76µg (5.49%), Vitamin E: 0.56mg (3.76%), Potassium: 129.91mg (3.71%), Folate: 11.56µg (2.89%), Copper: 0.05mg (2.75%), Fiber: 0.58g (2.32%), Manganese: 0.05mg (2.31%), Calcium: 20.25mg (2.03%), Vitamin B6: 0.04mg (1.99%), Magnesium: 7.55mg (1.89%), Vitamin B5: 0.15mg (1.49%), Iron: 0.27mg (1.48%), Zinc: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.23%), Phosphorus: 11.77mg (1.18%)