



Watermelon Bellini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- 1 lime
- 1 pinch salt
- 1 cup sparkling wine chilled
- 8 servings sparkling wine
- 2 tablespoons sugar
- 2 Tbsp sugar
- 3 cups seeded/seedless watermelon frozen seedless
- 8 servings watermelon

Equipment

blender

Directions

Cut lime in half.

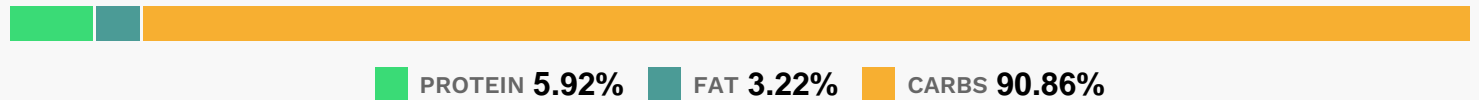
Cut 1 half into wedges, and rub on rims of 8 (6-oz.) cocktail glasses; dip rims in coarse sugar to coat. Process frozen watermelon, 1 cup chilled sparkling wine, sugar, salt, and juice from remaining lime half in a blender until smooth.

Pour mixture into prepared glasses; top off with additional sparkling wine.

Garnish, if desired.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:22.39, Inflammation Score:-9, Nutrition Score:8.1830434851024%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 213.69kcal (10.68%), Fat: 0.54g (0.83%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 32.79g (11.92%), Sugar: 29.06g (32.29%), Cholesterol: 0mg (0%), Sodium: 20.87mg (0.91%), Alcohol: 11.36g (100%), Alcohol %: 2.72% (100%), Protein: 2.24g (4.48%), Vitamin A: 1921.72IU (38.43%), Vitamin C: 29.73mg (36.04%), Potassium: 542.3mg (15.49%), Magnesium: 51.95mg (12.99%), Vitamin B6: 0.19mg (9.54%), Iron: 1.57mg (8.73%), Copper: 0.17mg (8.35%), Vitamin B5: 0.76mg (7.63%), Vitamin B1: 0.11mg (7.58%), Phosphorus: 65.2mg (6.52%), Manganese: 0.13mg (6.45%), Fiber: 1.58g (6.33%), Vitamin B2: 0.09mg (5.37%), Calcium: 42.39mg (4.24%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.49mg (3.26%), Folate: 12.56µg (3.14%), Selenium: 1.77µg (2.53%), Vitamin E: 0.19mg (1.25%)