



Watermelon Bellinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons sugar
- ☐ 3 cups watermelon frozen cubed seeded
- ☐ 3 cups prosecco chilled divided

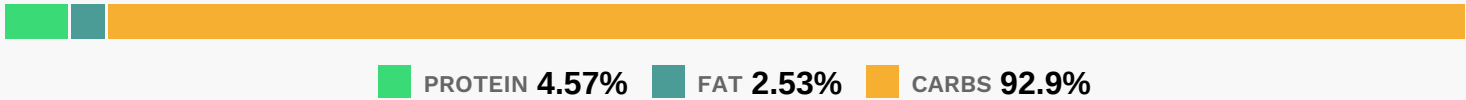
Equipment

- ☐ blender

Directions

- ☐ Place watermelon, 2 tablespoons sugar, juice, and 1 cup wine in a blender; process until smooth.
- ☐ Pour about 1/3 cup watermelon mixture into each of 8 glasses.
- ☐ Pour 1/4 cup remaining wine into each glass.
- ☐ Garnish with lemon rind, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:1.7899999892258%

Flavonoids

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.84kcal (3.64%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.35g (3.04%), Sugar: 7.64g (8.49%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 5.66g (100%), Alcohol %: 4.72% (100%), Protein: 0.42g (0.85%), Vitamin C: 6.07mg (7.36%), Vitamin A: 324.55IU (6.49%), Potassium: 145.64mg (4.16%), Magnesium: 14.77mg (3.69%), Iron: 0.5mg (2.75%), Vitamin B6: 0.05mg (2.25%), Phosphorus: 19.84mg (1.98%), Copper: 0.03mg (1.72%), Vitamin B5: 0.13mg (1.31%), Vitamin B1: 0.02mg (1.31%), Vitamin B2: 0.02mg (1.29%), Calcium: 12.21mg (1.22%), Manganese: 0.02mg (1.11%)