

Apricot-Ginger Bellinis

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Servings: 8

1 teaspoon grated lime rind
1 teaspoon fresh lime juice
1 can (16 ounce) apricot halves in light syrup, drained
1 bottle (750 ml) Prosecco or other sparkling white wine
SUGAR SYRUP
3/4 cup water
3/4 cup sugar
1 piece (two-inch) peeled fresh ginger, halved

To prepare the sugar syrup: In a small saucepan, combine the sugar and water. Bring to a boil. Cook for 2 minutes or until the sugar dissolves. Add the ginger. Remove from the heat. Cool. Chill for four hours.

Strain the sugar syrup through a colander into a bowl. Discard the ginger. Place one-third cup of sugar syrup into a blender (reserve the remaining syrup for another use).

Add the lime rind, lime juice and apricots to the blender. Process until smooth.

Spoon two tablespoons of the apricot puree' into each of eight glasses. Top each glass with one-third cup of Prosecco. Stir gently.

For a pretty touch, dip the edges of the champagne flutes in a mixture of sugar and grated lime rind

Per Serving (excluding unknown items): 76 Calories; trace Fat (0.0% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	76	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 20g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 1mg
Potassium (mg): 8mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 66IU
Vitamin A (r.e.): 6 1/2RE

Alcohol (kcal):
 % Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 76 Calories from Fat: 0

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 20g	7%
Dietary Fiber trace	0%
Protein trace	
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Vitamin A	1%
Vitamin C	1%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.