

Virgin Raspberry Bellini

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Servings: 2

6 ounces fresh raspberries
1/2 ounce simple syrup
3 ounces no-sugar-added white grape juice
3 ounces sparkling water
whole raspberries (for garnish)

Puree' the raspberries in a blender or food processor. Strain through a fine-mesh strainer, discarding the solids.

Stir in the simple syrup.

Divide the puree' between two chilled champagne flutes.

Top evenly with white grape juice and sparkling water.

Serve garnished with whole raspberries.

Per Serving (excluding unknown items): 48 Calories; trace Fat (7.3% calories from fat); 1g Protein; 12g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	48
% Calories from Fat:	7.3%
% Calories from Carbohydrates:	87.2%
% Calories from Protein:	5.5%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	6g
	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g):
Sodium (mg): trace
Potassium (mg): 124mg
Calcium (mg): 18mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 20mg
Vitamin A (i.u.): 106IU
Vitamin A (r.e.): 10 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 48 **Calories from Fat:** 4

% Daily Values*

Total Fat	trace	1%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	12g	4%
	Dietary Fiber 6g	22%
Protein	1g	
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Vitamin A		2%
Vitamin C		34%
Calcium		2%
Iron		2%

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