

Apricot Bellinis

Parade Magazine

Servings: 1

3/4 cup sugar
3/4 cup water
1 1/2 teaspoons grated lemon peel
zest
2 teaspoons lemon juice
1 can (15 ounce) apricot halves in
light syrup (drained)
sparkling wine
lemon zest twist (for garnish)

In a small saucepan, simmer the sugar and water until the sugar dissolves, about 2 minutes. Let cool.

In a blender, combine 1/3 cup of the cooled sugar syrup, the lemon zest, lemon juice and apricot halves. Puree'.

Divide the apricot puree' among six wineglasses or flutes.

Top off each glass with sparkling wine and a lemon zest twist.

Per Serving (excluding unknown items): 583 Calories; 0g Fat (0.0% calories from fat); trace Protein; 151g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Fruit; 10 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	583	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	1mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	151g		
Dietary Fiber (g):	trace		
Protein (g):	trace		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 7mg
Potassium (mg): 16mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 10

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 583 **Calories from Fat:** 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	7mg		0%
Total Carbohydrates	151g		50%
	Dietary Fiber	trace	0%
Protein	trace		

Vitamin A		0%
Vitamin C		8%
Calcium		1%
Iron		1%

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