

Watermelon Bellinis

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Servings: 8

3 cups seeded watermelon, frozen
2 tablespoons sugar
2 tablespoons fresh lemon juice
3 cups Prosecco or other sparkling wine, chilled and divided
julienne-cut lemon rind (optional)

In a blender, place the watermelon, sugar, lemon juice and one cup of wine. Process until smooth.

Pour about one-third cup of the watermelon mixture into each of eight glasses. Pour one-quarter cup of the remaining wine into each glass.

Garnish with lemon rind, if desired.

Serve immediately.

Freezing the watermelon before pureeing lends the drink a slightly slushy consistency. If you prefer a smoother texture, simply chill the watermelon. Serve in Champagne flutes.

Per Serving (excluding unknown items): 13 Calories; 0g Fat (0.0% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	13	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	trace
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:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0

Potassium (mg): 5mg
Calcium (mg): trace
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 13 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	trace		0%
Total Carbohydrates	3g		1%
	Dietary Fiber	trace	0%
Protein	trace		

Vitamin A			0%
Vitamin C			3%
Calcium			0%
Iron			0%

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