

Amaretto By Morning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



429 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 fluid ounce jigger amaretto liqueur
- ☐ 2 cups apple juice
- ☐ 1 cup peaches frozen sliced

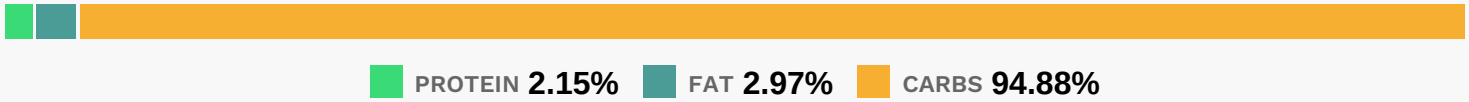
Equipment

- ☐ blender

Directions

- ☐
- In a blender, combine amaretto liqueur, frozen peaches and apple juice. Blend until smooth.
- ☐
- Pour into a glass and serve immediately.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:27.77, Inflammation Score:-6, Nutrition Score:7.7304347805355%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Catechin: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg, Catechin: 13.78mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 26.97mg, Epicatechin: 26.97mg, Epicatechin: 26.97mg, Epicatechin: 26.97mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 429.45kcal (21.47%), Fat: 1.19g (1.84%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 85.88g (28.63%), Net Carbohydrates: 82.58g (30.03%), Sugar: 74.92g (83.24%), Cholesterol: 0mg (0%), Sodium: 43.41mg (1.89%), Alcohol: 11.53g (100%), Alcohol %: 2.11% (100%), Caffeine: 11.53mg (3.84%), Protein: 1.94g (3.88%), Manganese: 0.47mg (23.43%), Potassium: 702.15mg (20.06%), Fiber: 3.3g (13.21%), Vitamin C: 10.78mg (13.06%), Vitamin A: 507IU (10.14%), Copper: 0.2mg (9.87%), Magnesium: 38.45mg (9.61%), Vitamin B1: 0.14mg (9.53%), Vitamin B3: 1.67mg (8.34%), Vitamin B2: 0.14mg (8.08%), Vitamin E: 1.17mg (7.83%), Phosphorus: 71.26mg (7.13%), Vitamin B6: 0.13mg (6.39%), Iron: 1.15mg (6.36%), Selenium: 3.86µg (5.52%), Vitamin B5: 0.48mg (4.79%), Calcium: 46.28mg (4.63%), Vitamin K: 4.62µg (4.4%), Zinc: 0.47mg (3.11%), Folate: 9.24µg (2.31%)