



Brandied Peach Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons brandy
- 1 teaspoon orange juice unsweetened
- 1 cup peaches frozen thawed sliced
- 2 teaspoons sugar

Equipment

- blender

Directions

- Combine all ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides. Cover and chill.

Nutrition Facts

PROTEIN 5.43% **FAT 3.83%** **CARBS 90.74%**

Properties

Glycemic Index:88.67, Glycemic Load:5.64, Inflammation Score:-3, Nutrition Score:2.1252173898013%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 60.87kcal (3.04%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 10.96g (3.99%), Sugar: 10.75g (11.94%), Cholesterol: 0mg (0%), Sodium: 10.14mg (0.44%), Alcohol: 1.67g (100%), Alcohol %: 2.36% (100%), Protein: 0.73g (1.45%), Vitamin C: 4.91mg (5.95%), Vitamin A: 258.02IU (5.16%), Fiber: 1.16g (4.65%), Vitamin E: 0.56mg (3.76%), Vitamin B3: 0.64mg (3.18%), Copper: 0.06mg (3.15%), Potassium: 101.12mg (2.89%), Manganese: 0.05mg (2.43%), Selenium: 1.64µg (2.35%), Vitamin K: 2.31µg (2.2%), Phosphorus: 17.74mg (1.77%), Magnesium: 6.55mg (1.64%), Vitamin B2: 0.03mg (1.52%), Iron: 0.27mg (1.52%), Vitamin B1: 0.02mg (1.46%), Folate: 5.67µg (1.42%), Vitamin B5: 0.12mg (1.24%), Zinc: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.03%)