



Christmas Blossom

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings ice cubes
- 4 servings garnish: mint sprigs fresh
- 2 cups peaches fresh
- 3 tablespoons peach schnapps
- 0.3 cup sugar
- 0.8 cup vodka


Equipment

- blender

Directions

- Process first 4 ingredients in a blender until smooth.
- Add ice cubes to mixture in blender to 5-cup level; process until smooth.
- Pour into glasses; garnish, if desired.
- Serve immediately.

Nutrition Facts

 **PROTEIN 3.04%**  **FAT 2.38%**  **CARBS 94.58%**

Properties

Glycemic Index:31.34, Glycemic Load:11.39, Inflammation Score:-4, Nutrition Score:2.2173913147139%

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: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 213.62kcal (10.68%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.76g (7.91%), Sugar: 21.51g (23.9%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol: 15.03g (100%), Alcohol %: 9.4% (100%), Protein: 0.74g (1.48%), Vitamin A: 293.5IU (5.87%), Fiber: 1.24g (4.94%), Vitamin C: 3.47mg (4.21%), Copper: 0.08mg (3.88%), Vitamin E: 0.56mg (3.75%), Vitamin B3: 0.64mg (3.19%), Manganese: 0.06mg (2.96%), Potassium: 100.33mg (2.87%), Selenium: 1.69µg (2.42%), Vitamin K: 2.31µg (2.2%), Phosphorus: 19.92mg (1.99%), Vitamin B2: 0.03mg (1.89%), Magnesium: 7.52mg (1.88%), Iron: 0.32mg (1.8%), Vitamin B1: 0.02mg (1.44%), Folate: 5.76µg (1.44%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.21%), Vitamin B6: 0.02mg (1.03%)