



Frozen Peach Old Fashioned



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon
- ☐ 1 pinch kosher salt
- ☐ 1 sprigs mint leaves fresh
- ☐ 0.5 tsp orange bitters
- ☐ 2 cups peaches frozen thawed
- ☐ 1 cup peach nectar
- ☐ 1 cup peach sorbet softened
- ☐ 1 Tbsp caster sugar

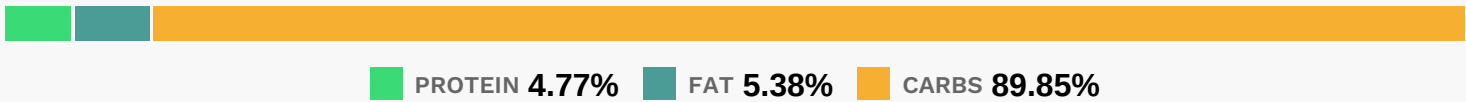
Equipment

☐ blender

Directions

- ☐ Pulse first 4 ingredients in a blender 4 or 5 times or until combined.
- ☐ Add bitters and salt, and process 30 to 45 seconds or until smooth. Stir in sugar.
- ☐ Serve immediately.
- ☐ Note: We tested with Angostura Orange Bitters.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:1.4165217461793%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 133.8kcal (6.69%), Fat: 0.39g (0.6%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 13.68g (4.98%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 27.53mg (1.2%), Alcohol: 10.16g (100%), Alcohol %: 10.53% (100%), Protein: 0.78g (1.56%), Vitamin A: 211.12IU (4.22%), Fiber: 1.01g (4.05%), Vitamin E: 0.37mg (2.48%), Copper: 0.04mg (2.12%), Vitamin B1: 0.03mg (1.99%), Vitamin C: 1.62mg (1.96%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.34mg (1.72%), Potassium: 57.65mg (1.65%), Vitamin K: 1.53µg (1.46%), Selenium: 0.88µg (1.26%), Magnesium: 4.43mg (1.11%), Vitamin B2: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.08%), Phosphorus: 10.69mg (1.07%)