



Georgia Peach Perfection

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings club soda
- 8 mint leaves fresh
- 2 ounces hendrick's gin
- 2 servings ice cubes
- 1 juice of lime
- 2 servings peach nectar

Equipment

- wooden spoon

Directions

- Divide and add the mint and lime juice to each glass. Muddle together with the bottom of a wooden spoon. Fill the glasses with ice and pour in some peach nectar. Top with club soda and gin if using.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.190434773817%

Flavonoids

Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 4.94mg (0.21%), Alcohol: 9.47g (100%), Alcohol %: 11.39% (100%), Protein: 0.21g (0.43%), Vitamin C: 5.77mg (7%), Vitamin A: 180IU (3.6%), Manganese: 0.05mg (2.75%), Copper: 0.03mg (1.62%), Fiber: 0.38g (1.52%), Folate: 6.07µg (1.52%), Calcium: 13.61mg (1.36%), Iron: 0.23mg (1.27%), Magnesium: 5.01mg (1.25%), Potassium: 41.2mg (1.18%)