



Grandmother's Peach Fuzz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups ice cubes
- ☐ 6 ounce limeade concentrate frozen canned
- ☐ 3 large peaches with skins on pitted ripe halved
- ☐ 0.8 cup spiced rum

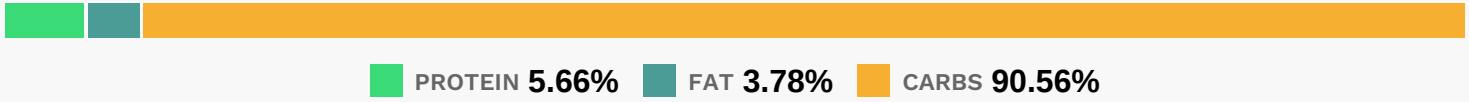
Equipment

- ☐ blender

Directions

- ☐ Place the rum, limeade concentrate, and peaches into the container of a blender. Blend until smooth.
- ☐ Add the ice, and blend until finely ground, sweeten with sugar, if desired.
- ☐ Pour into margarita glasses, and enjoy!

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:9.09, Inflammation Score:-7, Nutrition Score:7.2069565368735%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg, Catechin: 12.91mg Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 362.38kcal (18.12%), Fat: 0.71g (1.09%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 34.3g (12.47%), Sugar: 33.31g (37.01%), Cholesterol: 0mg (0%), Sodium: 49.41mg (2.15%), Alcohol: 30.06g (100%), Alcohol %: 5.65% (100%), Protein: 2.39g (4.78%), Vitamin A: 855.75IU (17.11%), Vitamin C: 13.4mg (16.24%), Fiber: 3.94g (15.75%), Copper: 0.28mg (13.76%), Vitamin E: 1.92mg (12.77%), Vitamin B3: 2.14mg (10.68%), Potassium: 330.55mg (9.44%), Manganese: 0.18mg (8.86%), Selenium: 5.6µg (8%), Vitamin K: 7.88µg (7.5%), Magnesium: 25.07mg (6.27%), Phosphorus: 62.2mg (6.22%), Iron: 0.93mg (5.16%), Vitamin B2: 0.09mg (5.15%), Vitamin B1: 0.07mg (4.67%), Zinc: 0.67mg (4.48%), Folate: 16.6µg (4.15%), Vitamin B5: 0.41mg (4.12%), Vitamin B6: 0.07mg (3.5%), Calcium: 19.3mg (1.93%)