



Healthy & Delicious: White Peach Bellini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons juice of lemon ()
- ☐ 2 medium size peaches white pitted very ripe unpeeled halved
- ☐ 2 tablespoons simple syrup glaze ()

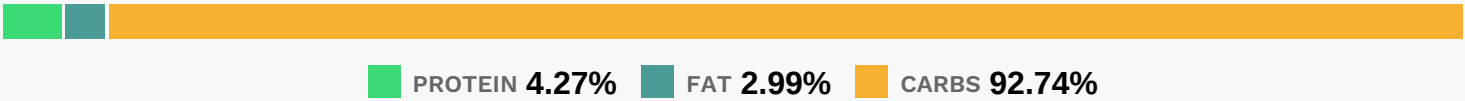
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Puree peaches, lemon juice, and syrup in blender. Taste; add more syrup or lemon juice, if desired. Strain mixture through a fine mesh sieve.
- ☐ Pour 2 tablespoons strained puree into each of 6 Champagne flutes. Fill with Prosecco.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:1.5421739039214%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 40.03kcal (2%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 9.51g (3.46%), Sugar: 9.2g (10.22%), Cholesterol: 0mg (0%), Sodium: 10.42mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 3.98mg (4.83%), Vitamin A: 163.3IU (3.27%), Fiber: 0.76g (3.06%), Vitamin E: 0.37mg (2.48%), Iron: 0.41mg (2.3%), Vitamin B3: 0.41mg (2.07%), Copper: 0.04mg (2.06%), Potassium: 70.35mg (2.01%), Selenium: 1.1µg (1.57%), Manganese: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.46%), Vitamin K: 1.5µg (1.43%), Magnesium: 4.97mg (1.24%), Vitamin B2: 0.02mg (1.19%), Phosphorus: 11.93mg (1.19%)