



Nectarine-Mint Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients



2 cups club soda chilled



1 cup mint leaves fresh washed and dried



2 limes thinly sliced



2 oranges thinly sliced



0.5 cup sugar



1 vanilla pod split



1.3 cups water



750 ml white wine fruity

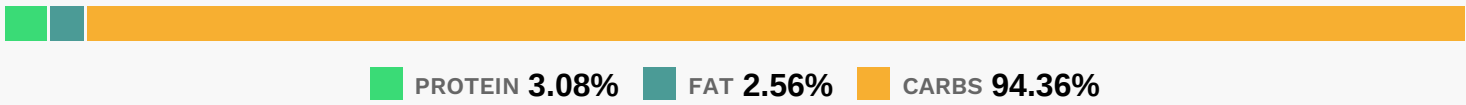
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Bring the first 3 ingredients to a boil in a saucepan.
- ☐ Remove from heat, add half the mint leaves, and let cool. Cover and let infuse for 8 hours or overnight. Strain to remove the vanilla bean and mint leaves.
- ☐ In a large pitcher, combine the sugar mixture, remaining mint leaves, wine, and sliced fruits and allow to chill in the refrigerator for at least 3 hours. Stir in cold club soda before serving over ice.
- ☐ The spritzers go well with chicken or fish straight off the grill.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:14.42, Inflammation Score:-7, Nutrition Score:5.6378261213717%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 22.77mg, Hesperetin: 22.77mg, Hesperetin: 22.77mg Naringenin: 7.93mg, Naringenin: 7.93mg, Naringenin: 7.93mg, Naringenin: 7.93mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 202.58kcal (10.13%), Fat: 0.35g (0.53%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 26.45g (9.62%), Sugar: 22.31g (24.79%), Cholesterol: 0mg (0%), Sodium: 28.47mg (1.24%), Alcohol: 13.06g (100%), Alcohol %: 4.74% (100%), Protein: 0.94g (1.87%), Vitamin C: 32.11mg (38.93%), Manganese: 0.25mg (12.54%), Fiber: 2.27g (9.09%), Vitamin A: 428.02IU (8.56%), Potassium: 236.43mg (6.76%), Magnesium:

25.7mg (6.43%), Folate: 24.7µg (6.18%), Calcium: 60.16mg (6.02%), Vitamin B6: 0.11mg (5.44%), Iron: 0.92mg (5.1%), Copper: 0.08mg (3.91%), Phosphorus: 38.43mg (3.84%), Vitamin B1: 0.06mg (3.81%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.43mg (2.16%)