



Peach and Prosecco Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup orange juice
- ☐ 16 1 16-ounce bag frozen sliced peaches frozen thawed sliced
- ☐ 0.8 cup sugar
- ☐ 0.5 cup water hot
- ☐ 1 cup prosecco chilled

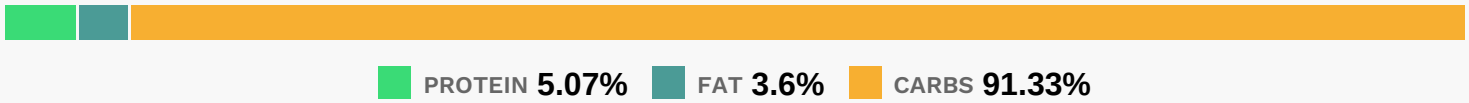
Equipment

- ☐ bowl

Directions

- ☐ Stir first 3 ingredients in medium bowl until sugar dissolves. Blend peaches and reserved peach juices in processor until peaches are finely chopped. With machine running, gradually pour in sugar syrup; process until smooth.
- ☐ Add Prosecco and blend well.
- ☐ Transfer mixture to container. Cover and freeze until firm, at least 3 hours. (Can be made 2 days ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:44.34, Glycemic Load:48, Inflammation Score:-9, Nutrition Score:16.544347773428%

Flavonoids

Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 29.98mg, Catechin: 29.98mg, Catechin: 29.98mg, Catechin: 29.98mg Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg Epicatechin: 14.37mg, Epicatechin: 14.37mg, Epicatechin: 14.37mg, Epicatechin: 14.37mg Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 452.55kcal (22.63%), Fat: 1.77g (2.72%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 101.12g (33.71%), Net Carbohydrates: 92.09g (33.49%), Sugar: 89.64g (99.6%), Cholesterol: 0mg (0%), Sodium: 83.01mg (3.61%), Alcohol: 6.18g (100%), Alcohol %: 1.05% (100%), Protein: 5.61g (11.22%), Vitamin A: 1987IU (39.74%), Vitamin C: 32.35mg (39.21%), Fiber: 9.03g (36.12%), Vitamin E: 4.39mg (29.24%), Vitamin B3: 4.96mg (24.81%), Copper: 0.48mg (24.23%), Potassium: 806.35mg (23.04%), Manganese: 0.44mg (21.99%), Selenium: 12.9µg (18.43%), Vitamin K: 18.26µg (17.39%), Phosphorus: 145.43mg (14.54%), Magnesium: 56mg (14%), Iron: 2.25mg (12.51%), Vitamin B2: 0.21mg (12.16%), Vitamin B1: 0.16mg (10.73%), Folate: 41.25µg (10.31%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.97mg (9.74%), Vitamin B6: 0.19mg (9.31%), Calcium: 32.37mg (3.24%)