

# Peach Bellini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



147 kcal

BEVERAGE

DRINK

## Ingredients

- 10 servings granulated sugar as needed
- 0.5 ounce juice of lemon freshly squeezed
- 3 ounces peaches such as stirrings or briottet crème de pêche de vigne
- 1.3 pounds peaches yellow ( 3 medium peaches)
- 1500 milliliter sparkling wine chilled

## Equipment

- blender
- peeler

## Directions

- Using a vegetable peeler, peel the peaches, remove and discard the pits, and cut the fruit into large chunks.
- Place the peaches, liqueur, and lemon juice in a blender and purée until smooth. Taste the purée and, if needed, add sugar 1 teaspoon at a time and blend until the purée reaches your desired sweetness.
- Transfer to a container, cover, and refrigerate until thoroughly chilled, about 2 hours. To serve, slowly pour 4 ounces of sparkling wine into a champagne flute.
- Add 1 1/2 ounces of the purée (be careful, the wine will foam), stir gently, and serve immediately.

## Nutrition Facts

 **PROTEIN 3.26%**  **FAT 2.27%**  **CARBS 94.47%**

## Properties

Glycemic Index:15.06, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:2.5826087101646%

## Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 147.21kcal (7.36%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.4g (7.06%), Sugar: 19.2g (21.34%), Cholesterol: 0mg (0%), Sodium: 19.08mg (0.83%), Alcohol: 9.58g (100%), Alcohol %: 5.32% (100%), Protein: 0.7g (1.41%), Potassium: 212.92mg (6.08%), Magnesium: 20.26mg (5.07%), Iron: 0.83mg (4.6%), Vitamin A: 212.65IU (4.25%), Fiber: 0.98g (3.93%), Vitamin C: 3.22mg (3.91%), Phosphorus: 36.9mg (3.69%), Copper: 0.07mg (3.42%), Vitamin B3: 0.68mg (3.38%), Vitamin E: 0.48mg (3.19%), Selenium: 1.74µg (2.49%), Vitamin B6: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.22%), Manganese: 0.04mg (2.02%), Vitamin K: 1.96µg (1.86%), Zinc: 0.27mg (1.81%), Calcium: 16.28mg (1.63%), Folate: 5.69µg (1.42%), Vitamin B1:

0.02mg (1.07%), Vitamin B5: 0.1mg (1.02%)