



Peach-Brandy Chiller



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



367 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brandy
- ☐ 0.3 cup cream of coconut
- ☐ 1 cup peaches fresh
- ☐ 0.5 cup pineapple juice
- ☐ 10 oz strawberries in syrup frozen thawed

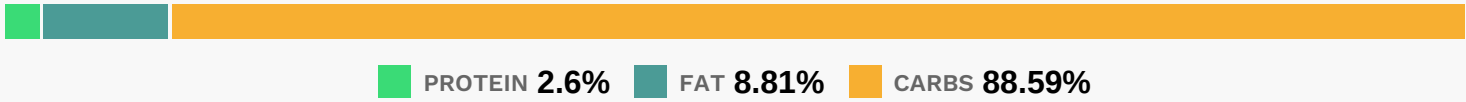
Equipment

- ☐ blender

Directions

- ☐ Puree strawberries in a blender until smooth. Divide strawberry puree evenly among 4 tall glasses.
- ☐ Place ice in blender; add peaches and next 3 ingredients. Process until smooth.
- ☐ Pour peach mixture evenly over strawberry puree in glasses.
- ☐ "Warm" Ice: Slightly melted ice blends a better drink, Ernie says. He suggests letting the ice sit out at room temperature for about 30 minutes before using. "It should be wet to the touch without sticking to your fingers," he explains.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:3.05, Inflammation Score:-2, Nutrition Score:2.2300000087075%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 366.9kcal (18.34%), Fat: 3.22g (4.96%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 72.95g (24.32%), Net Carbohydrates: 71.69g (26.07%), Sugar: 60.69g (67.44%), Cholesterol: 0mg (0%), Sodium: 65.47mg (2.85%), Alcohol: 10.02g (100%), Alcohol %: 6.78% (100%), Protein: 2.14g (4.29%), Manganese: 0.18mg (8.88%), Vitamin C: 4.53mg (5.49%), Calcium: 52.63mg (5.26%), Fiber: 1.25g (5.01%), Copper: 0.06mg (2.83%), Vitamin A: 126.99IU (2.54%), Potassium: 85.92mg (2.45%), Vitamin B6: 0.04mg (1.97%), Vitamin E: 0.29mg (1.91%), Folate: 7.62µg (1.9%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.37mg (1.86%), Magnesium: 6.62mg (1.65%), Iron: 0.23mg (1.3%), Phosphorus: 12.03mg (1.2%), Selenium: 0.84µg (1.2%), Vitamin K: 1.24µg (1.18%), Vitamin B2: 0.02mg (1.14%)