



## Peach Breakfast Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



107 kcal

### Ingredients

- 15 ounces peaches drained sliced canned
- 6 ounces orange juice concentrate frozen canned
- 1.5 cups all-natural apricot nectar
- 2 cups seltzer water chilled

### Equipment

- blender

### Directions

In a blender, combine the peaches, orange juice concentrate and nectar; cover and process until smooth.

Pour into a freezer container; cover and freeze until firm. To serve, scoop 2/3 cup frozen mixture into a glass; add 1/3 cup soda.

## Nutrition Facts

 PROTEIN **5.06%**  FAT **4.33%**  CARBS **90.61%**

### Properties

Glycemic Index:6.71, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:7.9482610329338%

### Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

### Nutrients (% of daily need)

Calories: 106.86kcal (5.34%), Fat: 0.54g (0.84%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 24.26g (8.82%), Sugar: 22.4g (24.89%), Cholesterol: 0mg (0%), Sodium: 32.78mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 62.65mg (75.94%), Vitamin A: 1164.28IU (23.29%), Vitamin B1: 0.13mg (8.84%), Potassium: 308.4mg (8.81%), Folate: 26.71µg (6.68%), Vitamin E: 0.94mg (6.3%), Vitamin B6: 0.11mg (5.73%), Fiber: 1.41g (5.64%), Magnesium: 19.52mg (4.88%), Vitamin B3: 0.97mg (4.87%), Vitamin B2: 0.08mg (4.76%), Copper: 0.09mg (4.43%), Manganese: 0.08mg (3.89%), Phosphorus: 36.02mg (3.6%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 2.99µg (2.85%), Calcium: 24.45mg (2.45%), Selenium: 1.6µg (2.29%), Iron: 0.41mg (2.25%), Zinc: 0.31mg (2.04%)