

Peach Cobbler Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



504 kcal

BEVERAGE

DRINK

Ingredients

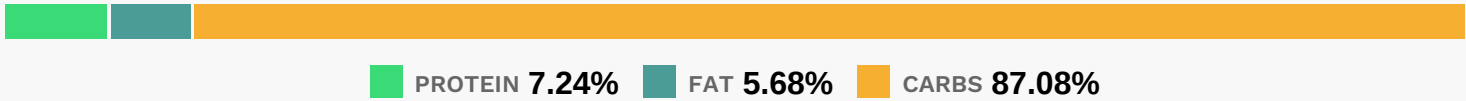
- ☐ 1 Dash angostura bitters
- ☐ 1 serving ice cubes crushed
- ☐ 1 lemon wedges
- ☐ 3 to 4 mint leaves fresh roughly chopped
- ☐ 2.5 ounces peach nectar
- ☐ 5 wedges peaches frozen halved
- ☐ 2 ounces rye whiskey

Equipment

Directions

- ☐ Fill a large wine goblet with crushed ice. Gently muddle the rye, peach nectar, dash of bitters, peaches, mint, and a squeeze of lemon juice in a cocktail shaker.
- ☐ Pour over ice and serve cold.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:26.27, Inflammation Score:-10, Nutrition Score:21.15652158986%

Flavonoids

Cyanidin: 14.4mg, Cyanidin: 14.4mg, Cyanidin: 14.4mg, Cyanidin: 14.4mg Catechin: 36.9mg, Catechin: 36.9mg, Catechin: 36.9mg, Catechin: 36.9mg Epigallocatechin: 7.8mg, Epigallocatechin: 7.8mg, Epigallocatechin: 7.8mg, Epigallocatechin: 7.8mg Epicatechin: 17.55mg, Epicatechin: 17.55mg, Epicatechin: 17.55mg, Epicatechin: 17.55mg Epigallocatechin 3-gallate: 2.25mg, Epigallocatechin 3-gallate: 2.25mg, Epigallocatechin 3-gallate: 2.25mg, Epigallocatechin 3-gallate: 2.25mg Eriodictyol: 4.77mg, Eriodictyol: 4.77mg, Eriodictyol: 4.77mg, Eriodictyol: 4.77mg Hesperetin: 5.33mg, Hesperetin: 5.33mg, Hesperetin: 5.33mg, Hesperetin: 5.33mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 503.56kcal (25.18%), Fat: 2.51g (3.86%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 86.61g (28.87%), Net Carbohydrates: 74.55g (27.11%), Sugar: 72.14g (80.15%), Cholesterol: 0mg (0%), Sodium: 106.64mg (4.64%), Alcohol: 20.86g (100%), Alcohol %: 2.94% (100%), Protein: 7.21g (14.41%), Vitamin A: 2759.25IU (55.19%), Vitamin C: 41.24mg (49.99%), Fiber: 12.06g (48.26%), Vitamin E: 5.71mg (38.05%), Copper: 0.62mg (31.12%), Vitamin B3: 6.21mg (31.03%), Potassium: 978.74mg (27.96%), Manganese: 0.52mg (25.81%), Selenium: 15.96µg (22.81%), Vitamin K: 23.35µg (22.24%), Phosphorus: 173.9mg (17.39%), Magnesium: 66.68mg (16.67%), Iron: 2.87mg (15.95%), Vitamin B1: 0.24mg (15.78%), Vitamin B2: 0.26mg (15.02%), Folate: 51.1µg (12.78%), Vitamin B5: 1.24mg (12.4%), Zinc: 1.79mg (11.92%), Vitamin B6: 0.23mg (11.6%), Calcium: 46.25mg (4.63%)