



Peach Collins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup club soda
- ☐ 0.3 cup juice of lemon
- ☐ 2 slices peaches
- ☐ 0.5 cup peaches divided ripe chopped
- ☐ 0.3 cup simple syrup glaze
- ☐ 0.5 cup peach-flavored vodka

Equipment

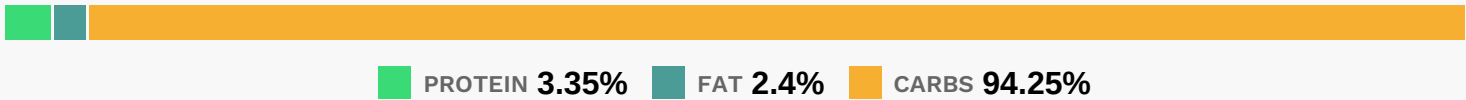
- ☐ plastic wrap

☐ wooden spoon

Directions

- ☐ Mix simple syrup, lemon juice, 1/4 cup peaches, and about 1/2 cup ice in a cocktail shaker or plastic cup. Using the end of a wooden spoon, muddle mixture until peaches start to break up.
- ☐ Pour in vodka, cover shaker with top (or the cup with plastic wrap), and shake until blended.
- ☐ Divide unstrained mixture between 2 tall glasses.
- ☐ Add half the remaining chopped peaches to each, then fill glasses with ice. Top each glass with 1/4 cup club soda and garnish with a peach slice.
- ☐ *Find next to the cocktail mixes at a well-stocked beverage store.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:6.66, Inflammation Score:-7, Nutrition Score:6.6743478464044%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Catechin: 9.47mg, Catechin: 9.47mg, Catechin: 9.47mg, Catechin: 9.47mg Epigallocatechin: 2mg, Epigallocatechin: 2mg, Epigallocatechin: 2mg, Epigallocatechin: 2mg Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 339.48kcal (16.97%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 49.38g (17.96%), Sugar: 47.75g (53.06%), Cholesterol: 0mg (0%), Sodium: 62.78mg (2.73%), Alcohol: 20.04g (100%), Alcohol %: 6.61% (100%), Protein: 1.86g (3.72%), Vitamin C: 19.7mg (23.87%), Vitamin A: 629.38IU (12.59%), Iron: 2.21mg (12.26%), Fiber: 2.98g (11.92%), Vitamin E: 1.45mg (9.67%), Copper: 0.17mg (8.65%), Potassium: 294.59mg (8.42%), Vitamin B3: 1.62mg (8.11%), Vitamin B1: 0.11mg (7.42%), Selenium: 4.37µg (6.24%), Manganese: 0.12mg (6.08%), Magnesium: 22.03mg (5.51%), Vitamin B2: 0.09mg (5.51%), Vitamin K: 5.78µg (5.5%),

Phosphorus: 51.16mg (5.12%), Folate: 17.65µg (4.41%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.33mg (3.34%), Vitamin B6: 0.06mg (3.11%), Calcium: 17.96mg (1.8%)