



Peach Collins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup club soda
- ☐ 1 cup granulated sugar
- ☐ 1 cup juice of lemon
- ☐ 1 cup peaches fresh divided cut into ½-inch dice,
- ☐ 4 slice peaches
- ☐ 1 cup peach-flavored vodka

Equipment

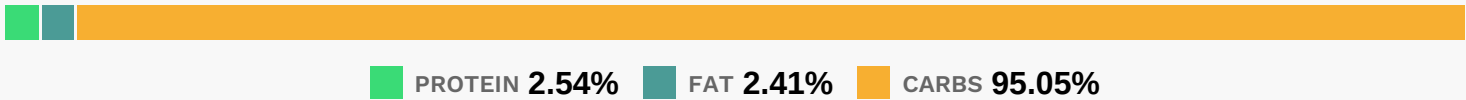
- ☐ frying pan

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Add the sugar and lemon juice to a medium sized saucepan set over medium heat. Swirl the pan occasionally until the sugar dissolves completely.
- ☐ Remove from heat and allow to come to room temperature.
- ☐ Mix the lemon syrup, ½ cup diced peach (with skin) in a large pitcher with a heavy bottom. Using a wooden spoon muddle the mixture together until the peaches break up a bit, but don't make a mush of it.
- ☐ Pour in the vodka, and stir to combine. Divide the un-strained mixture between 4 tall Collins style glasses.
- ☐ Add the remaining ½ cup diced peaches alternating them with ice cubes to fill each glass to the top with ice. Top with club soda, and garnish with a peach slice.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:41.57, Inflammation Score:-7, Nutrition Score:6.8778260376142%

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: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 425.37kcal (21.27%), Fat: 0.83g (1.27%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 73.45g (24.48%), Net Carbohydrates: 70.38g (25.59%), Sugar: 67.59g (75.1%), Cholesterol: 0mg (0%), Sodium: 39.16mg (1.7%),

Alcohol: 20.04g (100%), Alcohol %: 6.01% (100%), Protein: 1.97g (3.93%), Vitamin C: 31.5mg (38.18%), Vitamin A: 631.21IU (12.62%), Fiber: 3.07g (12.28%), Vitamin E: 1.5mg (9.98%), Copper: 0.17mg (8.65%), Potassium: 300.46mg (8.58%), Vitamin B3: 1.61mg (8.04%), Manganese: 0.13mg (6.37%), Selenium: 4.4µg (6.29%), Folate: 23.75µg (5.94%), Vitamin K: 5.78µg (5.5%), Phosphorus: 50.23mg (5.02%), Magnesium: 19.65mg (4.91%), Vitamin B2: 0.08mg (4.85%), Vitamin B1: 0.06mg (4.26%), Iron: 0.74mg (4.11%), Vitamin B6: 0.08mg (3.81%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.54mg (3.58%), Calcium: 14.82mg (1.48%)