

Peach Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons juice of lemon fresh
- 1 pound peaches peeled coarsely chopped
- 2 tablespoons rum white
- 0.8 cup sugar
- 1.5 cups water divided

Equipment

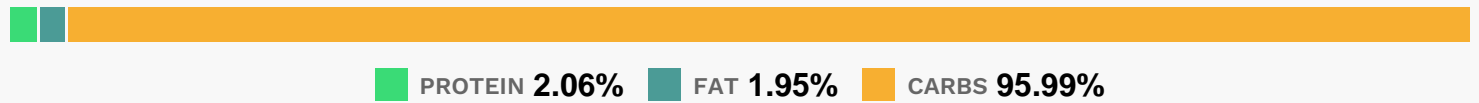
- food processor
- bowl

- sauce pan
- sieve
- blender
- baking pan

Directions

- Combine chopped peaches and 1/2 cup water in a blender or food processor; process until smooth. Press peach mixture through a fine sieve into a bowl; discard solids.
- Combine 1 cup water and sugar in a medium saucepan; bring to a boil.
- Remove from heat. Stir in peach mixture, juice, and rum.
- Pour mixture into an 8-inch square baking dish; cover and freeze 4 hours or until firm.
- Place mixture in a food processor; process until slushy. Freeze 3 hours. Soften slightly in the refrigerator for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:15.05, Inflammation Score:-2, Nutrition Score:1.6104347744714%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 105.49kcal (5.27%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 23.8g (8.65%), Sugar: 23.56g (26.18%), Cholesterol: 0mg (0%), Sodium: 9.85mg (0.43%), Alcohol: 1.25g (100%), Alcohol %: 1.25% (100%), Protein: 0.53g (1.06%), Vitamin C: 3.78mg (4.58%), Vitamin A: 185.06IU

(3.7%), Fiber: 0.86g (3.45%), Vitamin E: 0.42mg (2.8%), Copper: 0.05mg (2.7%), Vitamin B3: 0.46mg (2.3%), Potassium: 73.49mg (2.1%), Selenium: 1.31µg (1.87%), Manganese: 0.04mg (1.82%), Vitamin K: 1.7µg (1.62%), Magnesium: 5.2mg (1.3%), Phosphorus: 12.92mg (1.29%), Vitamin B2: 0.02mg (1.29%), Iron: 0.21mg (1.15%), Folate: 4.15µg (1.04%)