

Peach Fizz

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 tablespoon grenadine syrup
- 4 slices lime
- 4 mint leaves fresh
- 4 slices peaches
- 1.5 cups peach nectar
- 2 cups seltzer water
- 2 tablespoons sugar

Equipment

baking pan

skewers

Directions

Combine peach nectar and sparkling water in a 9-inch square baking pan. Freeze mixture 1 hour, scraping with a fork every 15 minutes to make a slushy mixture.

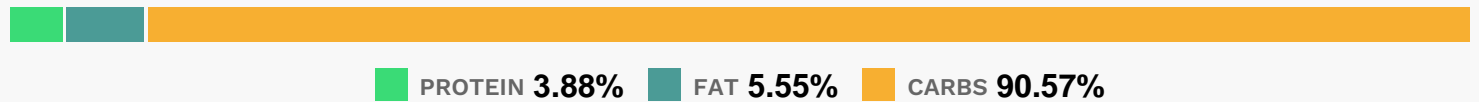
Wet top of each glass, and swirl in sugar.

Add 1 teaspoon grenadine to each glass, and top with 3/4 cup peach nectar mixture.

Garnish each with a skewer of peach, lime, and mint.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.59, Glycemic Load:12.89, Inflammation Score:-6, Nutrition Score:5.1352174074753%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 147.93kcal (7.4%), Fat: 0.98g (1.51%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 33.45g (12.16%), Sugar: 32.55g (36.17%), Cholesterol: 0mg (0%), Sodium: 56.87mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin A: 785.93IU (15.72%), Fiber: 2.51g (10.05%), Vitamin E: 1.4mg (9.31%), Vitamin C: 6.92mg (8.39%), Copper: 0.15mg (7.48%), Vitamin B3: 1.34mg (6.72%), Potassium: 226.49mg (6.47%), Vitamin B1: 0.09mg (6.27%), Manganese: 0.12mg (6.25%), Vitamin K: 5.75µg (5.47%), Selenium: 3.49µg (4.99%), Magnesium: 18.3mg (4.57%), Vitamin B2: 0.07mg (3.9%), Phosphorus: 37.79mg (3.78%),

Vitamin B6: 0.07mg (3.74%), Iron: 0.66mg (3.68%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.3mg (3.05%), Folate: 11.39µg (2.85%), Calcium: 20.8mg (2.08%)