



Peach Julep



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



519 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce cognac such as pierre ferrand
- ☐ 1 serving ice crushed
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 1 ounce lillet blanc
- ☐ 1 large bunch mint leaves
- ☐ 0.3 peaches cut into slices
- ☐ 0.8 ounce rooibos tea
- ☐ 0.5 cup sugar

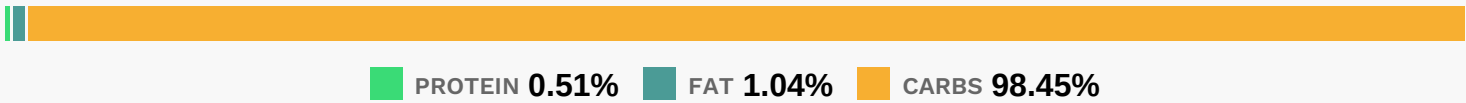
- ☐ 2 rooibos tea
- ☐ 0.5 cup water boiling

Equipment

Directions

- ☐ Pour boiling water over tea bags and let steep 5 minutes.
- ☐ Remove tea bags. Stir in sugar to dissolve.
- ☐ Let cool before using. Syrup can be stored in refrigerator for up to 1 week.
- ☐ In a mixing glass, muddle peach slices, rooibos syrup, and lemon juice into a rough pulp.
- ☐ Add cognac and Lillet blanc, stir to mix.
- ☐ Pour unstrained into serving glass.
- ☐ Fill serving glass with crushed ice, garnish with large bunch of mint.

Nutrition Facts



Properties

Glycemic Index:125.34, Glycemic Load:71.11, Inflammation Score:-5, Nutrition Score:2.6986956596375%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 2.26mg, Epigallocatechin: 2.26mg, Epigallocatechin: 2.26mg, Epigallocatechin: 2.26mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg Epigallocatechin 3-gallate: 2.29mg, Epigallocatechin 3-gallate: 2.29mg, Epigallocatechin 3-gallate: 2.29mg, Epigallocatechin 3-gallate: 2.29mg Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg Thearubigins: 18.91mg, Thearubigins: 18.91mg, Thearubigins: 18.91mg, Thearubigins: 18.91mg Eriodictyol: 2.27mg, Eriodictyol: 2.27mg, Eriodictyol: 2.27mg, Eriodictyol: 2.27mg Hesperetin: 3.48mg, Hesperetin: 3.48mg, Hesperetin: 3.48mg, Hesperetin: 3.48mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg

0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg Theaflavin-3'-gallate: 0.35mg, Theaflavin-3'-gallate: 0.35mg, Theaflavin-3'-gallate: 0.35mg, Theaflavin-3'-gallate: 0.35mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 519.06kcal (25.95%), Fat: 0.51g (0.78%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 108.36g (36.12%), Net Carbohydrates: 107.42g (39.06%), Sugar: 105.92g (117.69%), Cholesterol: 0mg (0%), Sodium: 14.27mg (0.62%), Alcohol: 14.29g (100%), Alcohol %: 5% (100%), Caffeine: 4.65mg (1.55%), Protein: 0.57g (1.13%), Vitamin C: 11.04mg (13.38%), Manganese: 0.13mg (6.63%), Vitamin A: 293.45IU (5.87%), Copper: 0.08mg (4.01%), Fiber: 0.95g (3.79%), Folate: 12.23µg (3.06%), Potassium: 101.58mg (2.9%), Vitamin B2: 0.05mg (2.87%), Magnesium: 9.37mg (2.34%), Iron: 0.41mg (2.3%), Vitamin E: 0.31mg (2.04%), Selenium: 1.41µg (2.01%), Vitamin B3: 0.39mg (1.97%), Calcium: 17.07mg (1.71%), Phosphorus: 14.24mg (1.42%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.18mg (1.19%), Vitamin K: 1.13µg (1.07%), Vitamin B5: 0.1mg (1.01%)