



Peach Melba Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bottles champagne chilled
- ☐ 3 tablespoons peach nectar
- ☐ 10 ounce raspberries fresh frozen
- ☐ 1 tablespoon raspberry puree
- ☐ 30 servings garnish: fresh-raspberry skewers
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

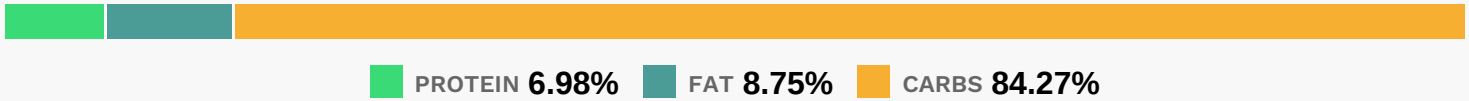
Equipment

- ☐ sieve
- ☐ skewers

Directions

- ☐ Cook raspberries over medium heat with sugar and water 710 minutes or until completely broken down. Press through strainer, discarding seeds.
- ☐ Let cool.
- ☐ Pour about 3 tablespoons (1 quart total) peach nectar and 1 tablespoon raspberry pure into Champagne glasses; add chilled Champagne to fill each (2 bottles total).
- ☐ Garnish each with fresh-raspberry skewer.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:2.15, Inflammation Score:-2, Nutrition Score:4.5930434996667%

Flavonoids

Cyanidin: 32.01mg, Cyanidin: 32.01mg, Cyanidin: 32.01mg, Cyanidin: 32.01mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 43.54kcal (2.18%), Fat: 0.47g (0.72%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 1.01mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0.01% (100%), Protein: 0.84g (1.68%), Manganese: 0.47mg (23.45%), Vitamin C: 18.33mg (22.21%), Fiber: 4.55g (18.19%), Vitamin K: 5.47µg (5.21%), Vitamin E: 0.61mg (4.09%), Magnesium: 15.48mg (3.87%), Folate: 14.7µg (3.68%), Copper: 0.06mg (3.19%), Potassium: 106.15mg (3.03%), Iron: 0.48mg (2.69%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.42mg (2.1%), Phosphorus: 20.34mg (2.03%), Zinc: 0.29mg (1.96%), Vitamin B6:

0.04mg (1.95%), Calcium: 17.68mg (1.77%), Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.55%)