

Peach Melba Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



233 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter seltzer water cold
- 1 cup granulated sugar
- 4 servings ice cubes
- 1 bunch lemon thyme fresh rinsed ends trimmed (30 sprigs)
- 6 ounces peaches ripe
- 6 ounces raspberries fresh
- 1 cup water

Equipment

- bowl
- sauce pan
- sieve
- potato masher
- spatula

Directions

- Bring the sugar and water to a simmer in a small saucepan over medium-high heat, stirring occasionally until the sugar has dissolved, about 5 minutes.
- Remove from the heat and let cool to room temperature.
- Transfer the syrup to a small container with a tightfitting lid. Halve, pit, and cut the peach into 1/8-inch-thick slices.
- Add the peach slices to the syrup and stir to combine. Seal the container and refrigerate until the peach flavor infuses the syrup, at least 4 hours or up to 3 days. When ready to serve, pour the syrup through a fine-mesh strainer set over a medium bowl; discard the peach slices.
- Add half of the raspberries and half of the thyme sprigs to the bowl. (Set the rest of the raspberries and thyme aside to use as garnishes.) Using a potato masher, briefly smash the raspberries until they release their juices. Set a fine-mesh strainer over a large pitcher and pour in the raspberry mixture. Lightly press on the solids with a rubber spatula, then discard the contents of the strainer.
- Add the club soda and some ice to the pitcher and stir gently with a long spoon until combined. Gently bruise the remaining half of the thyme by crushing it in your hands (but don't completely mangle it) and set it aside.
- Pour the Peach Melba Cooler into ice-filled collins glasses and garnish each drink with a sprig of the thyme and a few fresh raspberries.

Nutrition Facts



PROTEIN 1.55% **FAT 2.07%** **CARBS 96.38%**

Properties

Glycemic Index:45.34, Glycemic Load:37.02, Inflammation Score:-3, Nutrition Score:4.5273912315783%

Flavonoids

Cyanidin: 20.28mg, Cyanidin: 20.28mg, Cyanidin: 20.28mg, Cyanidin: 20.28mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 233.48kcal (11.67%), Fat: 0.57g (0.87%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 59.4g (19.8%), Net Carbohydrates: 55.86g (20.31%), Sugar: 55.35g (61.5%), Cholesterol: 0mg (0%), Sodium: 64.8mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin C: 14.49mg (17.56%), Manganese: 0.33mg (16.63%), Fiber: 3.54g (14.17%), Copper: 0.11mg (5.7%), Vitamin E: 0.68mg (4.54%), Magnesium: 18.01mg (4.5%), Vitamin K: 4.59µg (4.37%), Vitamin A: 200.17IU (4%), Zinc: 0.56mg (3.74%), Iron: 0.66mg (3.68%), Potassium: 128.18mg (3.66%), Calcium: 32.84mg (3.28%), Vitamin B3: 0.62mg (3.08%), Folate: 11.93µg (2.98%), Vitamin B2: 0.04mg (2.56%), Phosphorus: 22.75mg (2.27%), Vitamin B5: 0.21mg (2.09%), Vitamin B6: 0.04mg (1.87%), Selenium: 1.28µg (1.83%), Vitamin B1: 0.02mg (1.62%)