



## Peach Melba Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



111 kcal

SIDE DISH

### Ingredients

- ☐ 11.5 ounce peach nectar canned
- ☐ 2 cups peaches unsweetened frozen sliced
- ☐ 1 cup raspberries fresh
- ☐ 1 cup seltzer water chilled
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

### Equipment

# Directions

☐ Blend first five ingredients until smooth. Stir in seltzer.

# Nutrition Facts



# Properties

Glycemic Index:27.27, Glycemic Load:9.45, Inflammation Score:-4, Nutrition Score:3.8247826306716%

# Flavonoids

Cyanidin: 12.17mg, Cyanidin: 12.17mg, Cyanidin: 12.17mg, Cyanidin: 12.17mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

# Nutrients (% of daily need)

Calories: 111.11kcal (5.56%), Fat: 0.73g (1.12%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 24.15g (8.78%), Sugar: 24.2g (26.89%), Cholesterol: 0mg (0%), Sodium: 25.53mg (1.11%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Protein: 0.91g (1.83%), Vitamin C: 8.81mg (10.68%), Manganese: 0.21mg (10.67%), Fiber: 2.55g (10.2%), Vitamin A: 376.96IU (7.54%), Vitamin E: 0.85mg (5.65%), Vitamin K: 4.5µg (4.29%), Copper: 0.09mg (4.27%), Vitamin B1: 0.06mg (4.11%), Potassium: 133.28mg (3.81%), Vitamin B3: 0.7mg (3.51%), Magnesium: 13.39mg (3.35%), Vitamin B6: 0.05mg (2.65%), Iron: 0.43mg (2.4%), Vitamin B2: 0.04mg (2.39%), Folate: 9.39µg (2.35%), Phosphorus: 22.52mg (2.25%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.3mg (1.99%), Calcium: 14.93mg (1.49%)