



Peach Melba smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 410 g peach halves canned
- ☐ 100 g raspberry frozen for garnish
- ☐ 100 ml orange juice
- ☐ 150 ml custard sauce fresh for garnish plus a spoonful

Equipment

- ☐ blender

Directions

- ☐ Drain and rinse peaches and place in a blender with raspberries.
- ☐ Add orange juice and fresh custard and whizz together.
- ☐ Pour over ice, garnish with another spoonful of custard and a few raspberries. Best served chilled.

Nutrition Facts



Properties

Glycemic Index:77.43, Glycemic Load:16.34, Inflammation Score:-8, Nutrition Score:14.844347705012%

Flavonoids

Cyanidin: 26.82mg, Cyanidin: 26.82mg, Cyanidin: 26.82mg, Cyanidin: 26.82mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg, Catechin: 10.74mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.26mg, Hesperetin: 6.26mg, Hesperetin: 6.26mg, Hesperetin: 6.26mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 244.75kcal (12.24%), Fat: 4.56g (7.01%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 41.41g (15.06%), Sugar: 28.12g (31.25%), Cholesterol: 45.59mg (15.2%), Sodium: 102.77mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin C: 47.8mg (57.94%), Fiber: 6.43g (25.72%), Manganese: 0.47mg (23.68%), Vitamin A: 952.32IU (19.05%), Phosphorus: 184.72mg (18.47%), Potassium: 615.47mg (17.58%), Vitamin B2: 0.29mg (17.35%), Calcium: 150.73mg (15.07%), Selenium: 9.82µg (14.03%), Vitamin E: 2.01mg (13.37%), Copper: 0.25mg (12.74%), Vitamin B5: 1.2mg (12.03%), Magnesium: 47.47mg (11.87%), Folate: 46.57µg (11.64%), Vitamin B3: 2.28mg (11.39%), Vitamin B1: 0.17mg (11.13%), Vitamin K: 10.28µg (9.79%), Iron: 1.45mg (8.06%), Vitamin B6: 0.16mg (7.85%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.46µg (7.75%), Vitamin D: 1.07µg (7.15%)