



Peach Prosecco Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



26 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups seltzer water chilled
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 8 servings mint leaves
- ☐ 2 peaches pitted ripe coarsely chopped
- ☐ 1.5 tablespoons sugar to taste

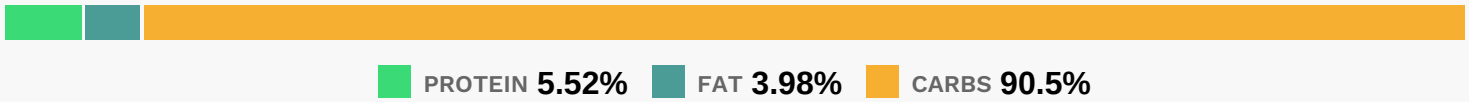
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Purée peaches with lemon juice and 1 1/2 tablespoons sugar in a blender until smooth. Blend in more sugar if desired. Strain through a fine-mesh sieve into a pitcher, pressing on and then discarding solids. Stir in Prosecco.
- ☐ Pour into 8 (10-ounces) glasses filled halfway with ice. Top off with seltzer.
- ☐ Peach purée can be made 1 day ahead and chilled (it will be slightly less vibrant).

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:2.87, Inflammation Score:-2, Nutrition Score:1.2504347744195%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 25.73kcal (1.29%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.72g (2.08%), Sugar: 5.46g (6.07%), Cholesterol: 0mg (0%), Sodium: 14.55mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 2.94mg (3.57%), Vitamin A: 164.9IU (3.3%), Fiber: 0.65g (2.6%), Vitamin E: 0.28mg (1.85%), Copper: 0.04mg (1.79%), Manganese: 0.04mg (1.78%), Vitamin B3: 0.32mg (1.61%), Potassium: 55.27mg (1.58%), Selenium: 0.8µg (1.15%), Magnesium: 4.41mg (1.1%), Vitamin K: 1.13µg (1.07%), Iron: 0.19mg (1.03%)