



Peach Prosecco Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



72 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
- ☐ 750 ml sparkling wine chilled

Equipment

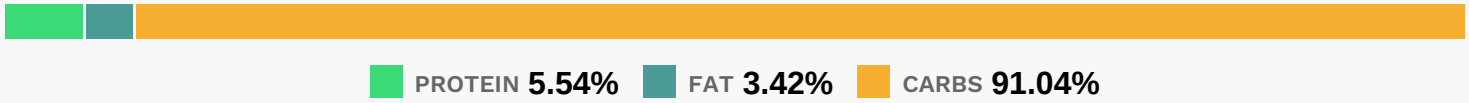
- ☐ sieve

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:-4, Nutrition Score:1.7926086835239%

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: 71.55kcal (3.58%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.81g (2.48%), Sugar: 6.54g (7.26%), Cholesterol: 0mg (0%), Sodium: 21.1mg (0.92%), Alcohol: 5.99g (100%), Alcohol %: 4.18% (100%), Protein: 0.45g (0.91%), Potassium: 137.56mg (3.93%), Vitamin C: 2.94mg (3.57%), Magnesium: 13.76mg (3.44%), Vitamin A: 164.9IU (3.3%), Iron: 0.56mg (3.11%), Fiber: 0.65g (2.6%), Phosphorus: 23.23mg (2.32%), Copper: 0.05mg (2.3%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.28mg (1.85%), Manganese: 0.04mg (1.78%), Vitamin B6: 0.03mg (1.53%), Calcium: 14.76mg (1.48%), Zinc: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.44%), Selenium: 0.99µg (1.42%), Folate: 4.89µg (1.22%), Vitamin K: 1.13µg (1.07%)