



Peach punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

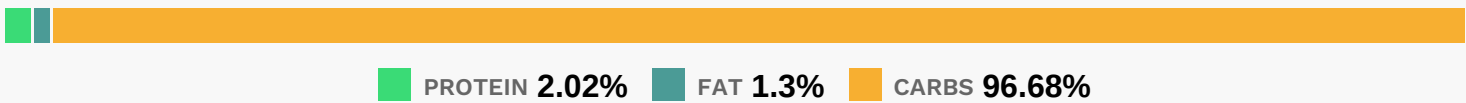
- ☐ 4 tbsp caster sugar
- ☐ 1.5 lemon zest
- ☐ 750 ml rosé wine
- ☐ 150 ml peach schnapps
- ☐ 1 peaches sliced
- ☐ 0.5 optional: lemon sliced
- ☐ 8 servings ice cubes
- ☐ 1l soda water

Equipment

Directions

- ☐ Heat the sugar with the lemon zest and 100ml water until the sugar dissolves. Cool, pour into a jug and add the wine, lemon juice and schnapps.
- ☐ When ready to serve add plenty of ice and the fruit and top up with the soda or tonic to taste.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:5.34, Inflammation Score:-4, Nutrition Score:2.0560869600462%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 160.46kcal (8.02%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 15.09g (5.49%), Sugar: 12.87g (14.3%), Cholesterol: 0mg (0%), Sodium: 36.51mg (1.59%), Alcohol: 9.89g (100%), Alcohol %: 3.83% (100%), Protein: 0.33g (0.66%), Vitamin C: 5.8mg (7.03%), Manganese: 0.13mg (6.64%), Potassium: 130.76mg (3.74%), Magnesium: 14.48mg (3.62%), Vitamin B6: 0.06mg (3.17%), Iron: 0.48mg (2.67%), Phosphorus: 24.36mg (2.44%), Fiber: 0.59g (2.36%), Copper: 0.04mg (2.08%), Zinc: 0.3mg (2.03%), Calcium: 19.61mg (1.96%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.32mg (1.6%), Vitamin A: 63.17IU (1.26%)