



Peach Spritzers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup club soda chilled
- 0.8 cup peach nectar chilled
- 0.8 cup white wine sweet chilled

Equipment

Directions

- Combine white wine, peach nectar, and club soda in a small pitcher, stirring well.

- Serve immediately over ice.
- Garnish with fresh peach slices, if desired.

Nutrition Facts

PROTEIN 1.08% **FAT 8.24%** **CARBS 90.68%**

Properties

Glycemic Index:1.88, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.44173912930748%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.89kcal (1.49%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.27g (1.19%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 6.8mg (0.3%), Alcohol: 2.32g (100%), Alcohol %: 4.84% (100%), Protein: 0.04g (0.08%), Manganese: 0.03mg (1.55%), Vitamin A: 60.23IU (1.2%), Vitamin B1: 0.02mg (1.01%)