



Peach-Thyme Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



443 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart ice cubes
- 1 cup pepperoncini pepper juice fresh
- 3 peaches fresh roughly chopped
- 1 pinch salt
- 0.8 cup sugar
- 1 bunch thyme leaves
- 1 slices thyme leaves for garnish
- 3 cups water cold

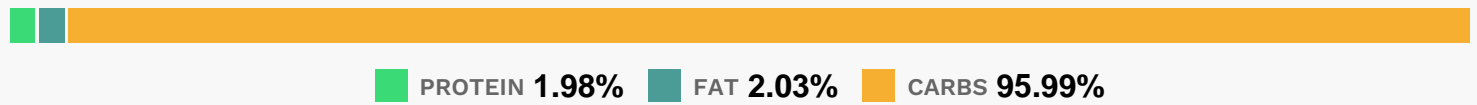
Equipment

- whisk
- sieve
- blender
- wooden spoon

Directions

- Combine peaches, lemon juice, sugar, and salt in a blender. Blend on high speed until smooth, about 1 minute. Meanwhile, place thyme in bottom of pitcher and lightly muddle with wooden spoon. Strain peach puree through a fine mesh strainer into pitcher. Discard solids.
- Add cold water and whisk to combine.
- Add ice.
- Serve in ice-filled glasses garnished with peach slices and thyme leaves.

Nutrition Facts



Properties

Glycemic Index:120.55, Glycemic Load:65.87, Inflammation Score:-10, Nutrition Score:8.0534782306008%

Flavonoids

Cyanidin: 4.34mg, Cyanidin: 4.34mg, Cyanidin: 4.34mg, Cyanidin: 4.34mg Catechin: 12.62mg, Catechin: 12.62mg, Catechin: 12.62mg, Catechin: 12.62mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 11.11mg, Epicatechin: 11.11mg, Epicatechin: 11.11mg, Epicatechin: 11.11mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 442.82kcal (22.14%), Fat: 1.05g (1.62%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 112.05g (37.35%), Net Carbohydrates: 108.08g (39.3%), Sugar: 105.66g (117.4%), Cholesterol: 0mg (0%), Sodium: 95.97mg (4.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 14.34mg (17.39%), Copper: 0.34mg (17.1%), Vitamin A: 853.52IU (17.07%), Fiber: 3.97g (15.89%), Manganese: 0.28mg (13.75%), Potassium: 416.47mg (11.9%), Vitamin E: 1.65mg (11.03%), Vitamin B3: 1.95mg (9.75%), Magnesium: 36.48mg (9.12%), Iron: 1.39mg (7.71%), Selenium: 5.3µg (7.57%), Vitamin B2: 0.12mg (6.87%), Vitamin K: 6.75µg (6.43%), Phosphorus: 60.83mg (6.08%), Calcium: 54.65mg (5.46%), Vitamin B1: 0.08mg (5.42%), Zinc: 0.68mg (4.52%), Vitamin B6: 0.09mg (4.36%), Vitamin B5: 0.42mg (4.15%), Folate: 14.63µg (3.66%)