



Peaches in Lillet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons basil fresh thinly sliced
- 750 milliliter lillet blanc
- 3 pounds peaches ripe peeled cut into 1/2" wedges

Equipment

- bowl

Directions

Toss peaches, Lillet, and basil in a large bowl. Cover and chill at least 2 hours.

DO AHEAD: Peaches can be marinated 1 day ahead. Cover and chill.

Nutrition Facts

PROTEIN 5.36% **FAT 3.57%** **CARBS 91.07%**

Properties

Glycemic Index:13.78, Glycemic Load:5.89, Inflammation Score:-6, Nutrition Score:4.4756521867669%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 220.36kcal (11.02%), Fat: 0.46g (0.71%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 24.01g (8.73%), Sugar: 22.32g (24.79%), Cholesterol: 0mg (0%), Sodium: 22.13mg (0.96%), Alcohol: 15.9g (100%), Alcohol %: 7.63% (100%), Protein: 1.56g (3.13%), Vitamin A: 580.89IU (11.62%), Fiber: 2.56g (10.24%), Vitamin C: 7.06mg (8.56%), Vitamin E: 1.25mg (8.3%), Vitamin B3: 1.38mg (6.88%), Vitamin K: 7.18µg (6.84%), Copper: 0.13mg (6.73%), Potassium: 208.99mg (5.97%), Manganese: 0.11mg (5.47%), Selenium: 3.57µg (5.11%), Phosphorus: 37.7mg (3.77%), Magnesium: 13.93mg (3.48%), Iron: 0.59mg (3.3%), Vitamin B2: 0.05mg (3.12%), Vitamin B1: 0.04mg (2.73%), Folate: 10.55µg (2.64%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.26mg (2.61%), Vitamin B6: 0.04mg (2.16%)