



Peaches with Cava and Lemon Verbena

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



154 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon optional: lemon minced
- 10 leaves optional: lemon (3-inch)
- 2 pounds peaches sliced
- 0.5 cup sugar
- 750 milliliter cava

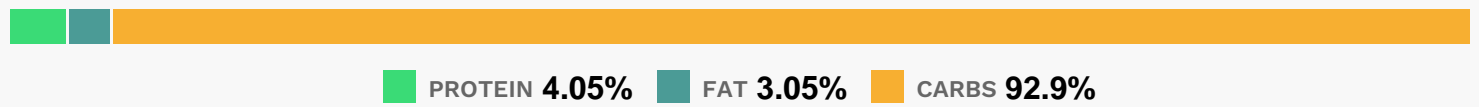
Equipment

- sauce pan

Directions

- Combine whole verbena leaves and sparkling wine in a large saucepan; bring to a boil over medium heat. Cook until reduced to 1 cup (about 15 minutes).
- Remove and discard the whole leaves.
- Add sugar, stirring until dissolved.
- Add sliced peaches; bring to a boil.
- Remove from heat. Cover and chill. Stir in minced verbena leaves just before serving.

Nutrition Facts



Properties

Glycemic Index:32.27, Glycemic Load:20.28, Inflammation Score:0, Nutrition Score:4.7500000233236%

Flavonoids

Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 153.93kcal (7.7%), Fat: 0.56g (0.86%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 35.69g (12.98%), Sugar: 35.24g (39.16%), Cholesterol: 0mg (0%), Sodium: 23.84mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin A: 592.03IU (11.84%), Fiber: 2.79g (11.17%), Vitamin C: 8.76mg (10.62%), Vitamin E: 1.33mg (8.85%), Vitamin B3: 1.46mg (7.32%), Copper: 0.14mg (7.19%), Potassium: 225.19mg (6.43%), Selenium: 3.94µg (5.63%), Manganese: 0.11mg (5.61%), Vitamin K: 5.44µg (5.18%), Phosphorus: 40.31mg (4.03%), Magnesium: 14.71mg (3.68%), Iron: 0.64mg (3.57%), Vitamin B2: 0.06mg (3.56%), Vitamin B1: 0.04mg (2.97%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.42mg (2.81%), Folate: 11.16µg (2.79%), Vitamin B6: 0.05mg (2.37%)