



Peachy Champagne Coolers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups champagne chilled
- 12 ounce peach nectar canned
- 3.5 cups peaches fresh peeled sliced (5 medium)

Equipment

- baking sheet
- blender

Directions

- Place sliced fresh peaches in a single layer on a baking sheet. Cover and freeze for 1 hour.
- Combine peach slices and nectar in container of an electric blender; cover and process until smooth.
- Pour into a large pitcher. Slowly add champagne to peach mixture, stirring lightly.
- Pour into chilled champagne glasses.
- Serve immediately.

Nutrition Facts

 **PROTEIN 4.95%**  **FAT 6.78%**  **CARBS 88.27%**

Properties

Glycemic Index:4.03, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:1.9699999845546%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 62.44kcal (3.12%), Fat: 0.34g (0.52%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.1g (3.31%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 3.02g (100%), Alcohol %: 2.83% (100%), Protein: 0.56g (1.12%), Vitamin A: 263.48IU (5.27%), Fiber: 0.84g (3.37%), Potassium: 117.5mg (3.36%), Vitamin E: 0.49mg (3.28%), Vitamin C: 2.21mg (2.68%), Copper: 0.05mg (2.67%), Magnesium: 10.39mg (2.6%), Vitamin B3: 0.51mg (2.56%), Vitamin B1: 0.03mg (2.22%), Iron: 0.4mg (2.2%), Phosphorus: 19.96mg (2%), Manganese: 0.04mg (1.97%), Vitamin K: 2.03µg (1.93%), Selenium: 1.29µg (1.85%), Vitamin B6: 0.04mg (1.78%), Vitamin B2: 0.03mg (1.56%), Zinc: 0.17mg (1.1%), Vitamin B5: 0.11mg (1.06%), Folate: 4.05µg (1.01%)