



Peachy Grape Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups peach juice chilled
- 24 ounce sparkling peach juice beverage chilled
- 1 cup peaches frozen
- 1.5 cups grape juice white 100% chilled

Equipment

Directions

Combine first 3 ingredients in a pitcher. Gently stir in peach slices.

Serve immediately.

Nutrition Facts

 **PROTEIN 6.09%**  **FAT 4.16%**  **CARBS 89.75%**

Properties

Glycemic Index:17.25, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:4.546956518422%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 6.06mg, Malvidin: 6.06mg, Malvidin: 6.06mg, Malvidin: 6.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 7.93mg, Catechin: 7.93mg, Catechin: 7.93mg, Catechin: 7.93mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 3.87mg, Epicatechin: 3.87mg, Epicatechin: 3.87mg, Epicatechin: 3.87mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 96.45kcal (4.82%), Fat: 0.48g (0.74%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 20.99g (7.63%), Sugar: 20.47g (22.74%), Cholesterol: 0mg (0%), Sodium: 22.5mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Manganese: 0.22mg (11.12%), Vitamin A: 500.5IU (10.01%), Fiber: 2.39g (9.57%), Vitamin C: 6.29mg (7.63%), Vitamin E: 1.11mg (7.41%), Potassium: 242.06mg (6.92%), Vitamin B3: 1.3mg (6.49%), Copper: 0.13mg (6.42%), Selenium: 3.2µg (4.57%), Vitamin K: 4.78µg (4.56%), Magnesium: 17.6mg (4.4%), Phosphorus: 41.07mg (4.11%), Iron: 0.65mg (3.63%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.05%), Vitamin B6: 0.06mg (2.77%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.26mg (2.59%), Folate: 9.13µg (2.28%), Calcium: 12.05mg (1.21%)