



Peachy Orange Cream Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



1028 kcal

BEVERAGE

DRINK

Ingredients

- 1 vanilla pod
- 1 cup sugar
- 1 cup water
- 2 slices cranberry-orange relish fresh
- 2 slices peaches fresh thawed ()
- 1 slice cranberry-orange relish fresh
- 1.5 teaspoons simple syrup glaze
- 2 tablespoons vodka

0.5 cup seltzer water

Equipment

sauce pan

knife

Directions

- Split vanilla bean lengthwise into halves. Scrape out seeds with tip of small knife. Set aside.
- To make Vanilla Simple Syrup, in 1-quart saucepan, mix sugar, water, vanilla seeds and bean.
- Heat to boiling over medium-high heat, stirring until sugar is dissolved.
- Remove from heat; set aside 1 hour to cool. Discard vanilla bean.
- Pour syrup into glass jar. Cover jar; refrigerate until needed. Makes 1 1/4 cups.
- To prepare cocktail, mash peach and orange slices with spoon in bottom of glass. Top with 1 1/2 teaspoons of the vanilla simple syrup and the vodka; add ice and soda. If desired, garnish with additional fruit slices or mint sprig.

Nutrition Facts

 **PROTEIN 1.27%** **FAT 2.02%** **CARBS 96.71%**

Properties

Glycemic Index:210.34, Glycemic Load:151.96, Inflammation Score:-7, Nutrition Score:10.746956472811%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg, Hesperetin: 11.44mg Naringenin: 6.43mg, Naringenin: 6.43mg, Naringenin: 6.43mg, Naringenin: 6.43mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 1028.4kcal (51.42%), Fat: 2.27g (3.5%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 244.19g (81.4%), Net Carbohydrates: 238.57g (86.75%), Sugar: 237.05g (263.39%), Cholesterol: 0mg (0%), Sodium: 85.1mg (3.7%), Alcohol: 10.02g (100%), Alcohol %: 1.34% (100%), Protein: 3.2g (6.4%), Vitamin C: 34.97mg (42.39%), Fiber: 5.63g (22.51%), Vitamin A: 1098.58IU (21.97%), Copper: 0.32mg (16.16%), Vitamin E: 2.32mg (15.49%), Potassium: 465.06mg (13.29%), Vitamin B3: 2.61mg (13.06%), Selenium: 7.95µg (11.36%), Manganese: 0.21mg (10.38%), Vitamin B2: 0.16mg (9.33%), Vitamin K: 9.24µg (8.8%), Iron: 1.58mg (8.79%), Vitamin B1: 0.13mg (8.37%), Magnesium: 33.44mg (8.36%), Folate: 31.08µg (7.77%), Phosphorus: 75.98mg (7.6%), Zinc: 0.92mg (6.13%), Vitamin B5: 0.58mg (5.76%), Vitamin B6: 0.1mg (5.11%), Calcium: 45.5mg (4.55%)