



Raspberry & red wine slush with peach salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



282 kcal

DESSERT

Ingredients

- ☐ 225 g raspberries
- ☐ 400 ml red wine light such as a beaujolais or gamay
- ☐ 140 g sugar
- ☐ 2 peaches ripe halved cut into wedges
- ☐ 1 handful mint leaves

Equipment

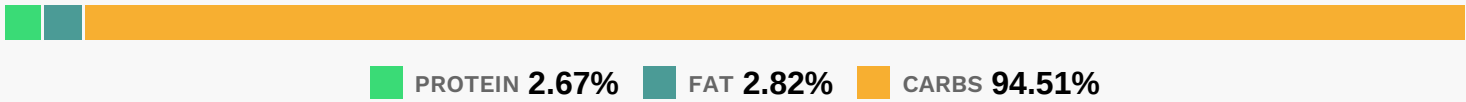
- ☐ bowl
- ☐ sieve

- ☐ blender
- ☐ immersion blender

Directions

- ☐ Tip the raspberries, wine and sugar into a blender and blitz until smooth (this can also be done in a large jug with a hand blender). Push the liquid through a sieve to get rid of some of the pips, then churn in an ice-cream machine until the texture of soft sorbet.
- ☐ Transfer to a freezable container and freeze for at least 4 hrs. If you don't have an ice-cream machine, freeze the liquid until it starts to become icy, then mash the ice crystals with a fork until slushy. Repeat 3 or 4 times until you have the texture of sorbet.
- ☐ To serve, toss the peaches with the mint and serve alongside bowls of the scooped slush.

Nutrition Facts



Properties

Glycemic Index:37.84, Glycemic Load:28.22, Inflammation Score:-6, Nutrition Score:7.0282608322475%

Flavonoids

Cyanidin: 27.38mg, Cyanidin: 27.38mg, Cyanidin: 27.38mg, Cyanidin: 27.38mg Petunidin: 2.18mg, Petunidin: 2.18mg, Petunidin: 2.18mg, Petunidin: 2.18mg Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg Malvidin: 14.11mg, Malvidin: 14.11mg, Malvidin: 14.11mg, Malvidin: 14.11mg Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 11.67mg, Catechin: 11.67mg, Catechin: 11.67mg, Catechin: 11.67mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 282.43kcal (14.12%), Fat: 0.69g (1.06%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 47.06g (17.11%), Sugar: 44.34g (49.26%), Cholesterol: 0mg (0%), Sodium: 15.03mg (0.65%), Alcohol: 10.75g (100%), Alcohol %: 5.07% (100%), Protein: 1.47g (2.93%), Manganese: 0.57mg (28.48%), Vitamin C: 18.13mg (21.98%), Fiber: 4.86g (19.44%), Potassium: 311.66mg (8.9%), Magnesium: 31.35mg (7.84%), Vitamin E: 1.04mg (6.91%), Vitamin K: 7.04µg (6.71%), Iron: 1.18mg (6.54%), Copper: 0.13mg (6.3%), Vitamin A: 307.57IU (6.15%), Vitamin B3: 1.19mg (5.93%), Phosphorus: 56.87mg (5.69%), Vitamin B6: 0.11mg (5.44%), Vitamin B2: 0.09mg (5.02%), Folate: 18.47µg (4.62%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.33mg (3.34%), Selenium: 2.1µg (3%), Calcium: 27.96mg (2.8%), Vitamin B1: 0.04mg (2.79%)