



## Sparkling Peach Splash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



2 tablespoons juice of lime fresh



0.5 cup peach schnapps



2 cups peaches peeled chopped ( 3 peaches)



750 milliliter sparkling wine chilled

## Equipment

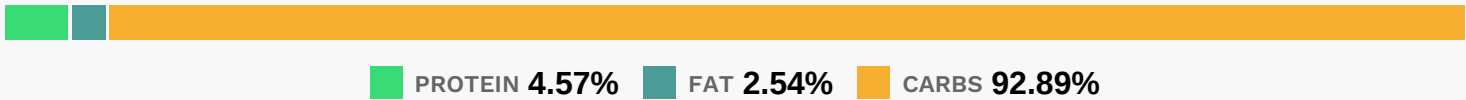


blender

# Directions

- ☐ Combine first 3 ingredients in a blender; process until smooth. Freeze 1 hour.
- ☐ Pour Champagne into a pitcher. Spoon peach mixture into pitcher; stir to combine.
- ☐ Garnish with peach slices, if desired.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.03, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:1.6217391076295%

## Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.79g (8.66%), Cholesterol: 0mg (0%), Sodium: 11.63mg (0.51%), Alcohol: 5.99g (100%), Alcohol %: 5.04% (100%), Protein: 0.43g (0.86%), Potassium: 133.65mg (3.82%), Vitamin C: 2.7mg (3.28%), Magnesium: 12.73mg (3.18%), Iron: 0.51mg (2.82%), Vitamin A: 127.39IU (2.55%), Fiber: 0.59g (2.37%), Phosphorus: 23.02mg (2.3%), Copper: 0.04mg (2.07%), Vitamin B3: 0.41mg (2.05%), Vitamin E: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.49%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.29%), Manganese: 0.02mg (1.21%), Vitamin K: 1.18µg (1.12%), Zinc: 0.17mg (1.11%), Calcium: 10.48mg (1.05%)