

Sparkling Rosemary-Peach Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 peaches ripe peeled cut into 1-inch pieces
- ☐ 1 sprig rosemary (3-inch)
- ☐ 750 milliliter sparkling wine chilled
- ☐ 0.5 cup sugar
- ☐ 0.8 cup water

Equipment

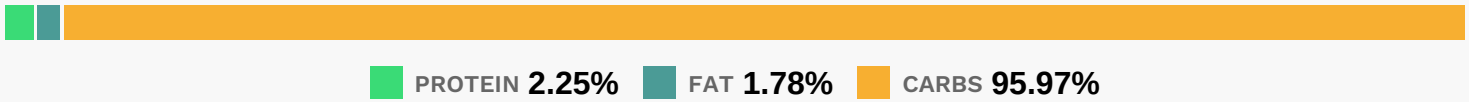
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to a boil.
- ☐ Remove from heat; cool to room temperature. Strain rosemary syrup in a sieve over a bowl; discard solids. Cover and chill at least 1 hour.
- ☐ Place rosemary syrup and peaches in a blender, and process until smooth. Strain mixture through a sieve over a bowl; cover and chill at least 4 hours. Spoon about 2 tablespoons peach syrup into each of 8 Champagne flutes, and top each serving with about 1/3 cup Champagne.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:10.03, Inflammation Score:-4, Nutrition Score:1.5304347950479%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 109.74kcal (5.49%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.77g (6.1%), Sugar: 16.7g (18.55%), Cholesterol: 0mg (0%), Sodium: 12.66mg (0.55%), Alcohol: 5.99g (100%), Alcohol %: 4.58% (100%), Protein: 0.41g (0.81%), Potassium: 128.41mg (3.67%), Magnesium: 12.6mg (3.15%), Iron: 0.51mg (2.84%), Vitamin A: 122.64IU (2.45%), Fiber: 0.57g (2.27%), Phosphorus: 22.29mg (2.23%), Copper: 0.04mg (2.2%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1.55mg (1.87%), Vitamin E: 0.27mg (1.83%), Selenium: 1.05µg (1.5%), Vitamin B6: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.38%), Manganese: 0.02mg (1.18%), Zinc: 0.16mg (1.1%), Calcium: 10.87mg (1.09%), Vitamin K: 1.13µg (1.07%)