



Summer Peach

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients

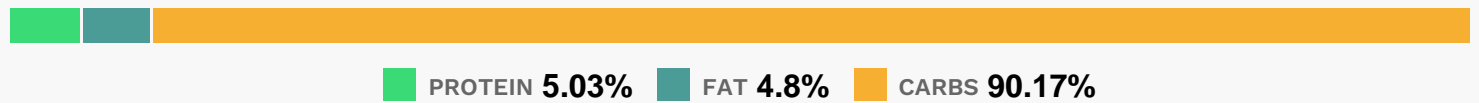
- 1 teaspoon agave nectar
- 2 cups ice cubes plus more for serving
- 1 tablespoon juice of lemon fresh
- 1 ounce peach puree
- 1 serving peaches for garnish
- 2 ounces sauvignon blanc white wine
- 2 sprigs thyme leaves fresh whole for garnish
- 1 ounce peach-flavored vodka

Equipment

Directions

- Add the thyme leaves to a cocktail shaker and muddle. Fill with the ice and add the wine, peach nectar, vodka, lemon juice and agave and shake well. Strain over ice into a large white wine glass.
- Garnish with a peach slice and thyme sprig.

Nutrition Facts



Properties

Glycemic Index:115.25, Glycemic Load:6.43, Inflammation Score:-9, Nutrition Score:5.9056521809619%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 224.62kcal (11.23%), Fat: 0.68g (1.05%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 26.14g (9.51%), Sugar: 23.19g (25.77%), Cholesterol: 0mg (0%), Sodium: 47.29mg (2.06%), Alcohol: 15.42g (100%), Alcohol %: 2.56% (100%), Protein: 1.61g (3.21%), Vitamin C: 16.86mg (20.43%), Vitamin A: 658.06IU (13.16%), Copper: 0.22mg (10.75%), Fiber: 2.62g (10.49%), Vitamin E: 1.3mg (8.65%), Vitamin B3: 1.35mg (6.77%), Vitamin K: 7.09µg (6.75%), Manganese: 0.13mg (6.68%), Potassium: 219.82mg (6.28%), Magnesium: 22.07mg (5.52%), Iron: 0.9mg (5.01%), Selenium: 3.39µg (4.85%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.75%), Vitamin B6: 0.09mg (4.26%), Folate: 16.18µg (4.05%), Phosphorus: 38.69mg (3.87%), Calcium: 31mg (3.1%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.28mg (2.77%)