



White Cranberry-Peach Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



4

CALORIES



34 kcal

BEVERAGE

DRINK

Ingredients

- 4 lime wedges
- 0.7 cup peach nectar
- 0.5 cup peaches fresh sliced
- 0.7 cup seltzer water

Equipment

Directions

- Combine first 3 ingredients in a 1-quart pitcher; stir gently.
- Pour about 3/4 cup juice mixture into each of 4 tall glasses. Divide peach slices evenly among glasses, and squeeze a lime wedge into each glass. Fill glasses with ice.
- Serve immediately.

Nutrition Facts

PROTEIN 3.53%

FAT 7.51%

CARBS 88.96%

Properties

Glycemic Index:18.06, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:1.5295652099278%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 33.82kcal (1.69%), Fat: 0.32g (0.5%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.94g (7.71%), Cholesterol: 0mg (0%), Sodium: 15.71mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin C: 6.03mg (7.31%), Vitamin A: 178.82IU (3.58%), Fiber: 0.83g (3.34%), Vitamin B1: 0.03mg (2.33%), Vitamin E: 0.3mg (2%), Copper: 0.04mg (1.83%), Potassium: 55.08mg (1.57%), Vitamin B6: 0.03mg (1.4%), Magnesium: 4.67mg (1.17%), Iron: 0.21mg (1.15%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.18µg (1.13%), Calcium: 11.17mg (1.12%), Manganese: 0.02mg (1.07%)