



White Peaches and Raspberries in Champagne Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups wine dry white
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 strips lemon zest
- ☐ 4 servings mint leaves sour
- ☐ 1.5 pounds peaches white thick peeled sliced
- ☐ 2.7 cups raspberries fresh

- ☐ 0.7 cup sugar
- ☐ 1 cup water

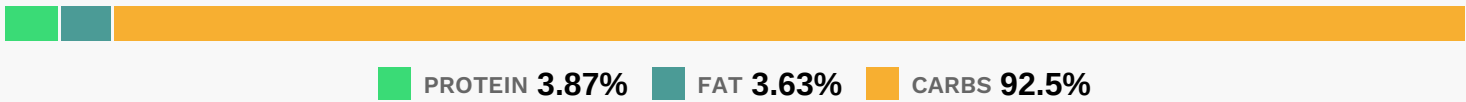
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in a large saucepan over medium heat; bring to a boil. Reduce heat, and simmer, stirring often, 6 minutes or until sugar dissolves.
- ☐ Add peaches, bring back to a simmer, and remove from heat.
- ☐ Let stand 30 minutes or until cool.
- ☐ Using a slotted spoon, transfer peaches to 4 serving bowls. Cook remaining syrup 8 minutes or until thickened; cool. Strain over peaches, and chill at least 30 minutes.
- ☐ Add raspberries.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.09, Glycemic Load:30.76, Inflammation Score:-8, Nutrition Score:11.741304314655%

Flavonoids

Cyanidin: 39.88mg, Cyanidin: 39.88mg, Cyanidin: 39.88mg, Cyanidin: 39.88mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 10.34mg, Catechin: 10.34mg, Catechin: 10.34mg, Catechin: 10.34mg Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 344.64kcal (17.23%), Fat: 1.13g (1.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 56.11g (20.4%), Sugar: 52.47g (58.29%), Cholesterol: 0mg (0%), Sodium: 32.72mg (1.42%), Alcohol: 12.36g (100%), Alcohol %: 3.31% (100%), Protein: 2.7g (5.4%), Manganese: 0.95mg (47.35%), Vitamin C: 32.16mg (38.98%), Fiber: 8.4g (33.59%), Vitamin E: 1.97mg (13.14%), Vitamin A: 626.8IU (12.54%), Potassium: 432.57mg (12.36%), Vitamin K: 12.1µg (11.52%), Copper: 0.23mg (11.47%), Magnesium: 45.69mg (11.42%), Vitamin B3: 2.02mg (10.09%), Iron: 1.61mg (8.93%), Phosphorus: 84.2mg (8.42%), Folate: 31µg (7.75%), Vitamin B6: 0.15mg (7.7%), Vitamin B2: 0.11mg (6.6%), Zinc: 0.91mg (6.09%), Vitamin B5: 0.6mg (5.96%), Selenium: 4.09µg (5.85%), Calcium: 52.36mg (5.24%), Vitamin B1: 0.08mg (5.05%)