



White Wine Cooler

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients

- 1 cranberry-orange relish
- 0.5 cup orange juice
- 15 ounce peaches in heavy syrup sliced canned
- 0.5 cup liqueur orange flavored (recommended: Cointreau)
- 0.3 cup sugar
- 750 ml white wine such as riesling chilled

Equipment

Directions

- Watch how to make this recipe.
- Slice orange and set aside.
- Add wine, peaches and their syrup, liqueur, orange juice, and sugar to a large pitcher, and stir to combine.
- Add orange slices to pitcher. Cover tightly and refrigerate for 1 hour.
- Pour into 6 wine glasses and serve immediately.

Nutrition Facts

PROTEIN 3.29% **FAT 1.95%** **CARBS 94.76%**

Properties

Glycemic Index:36.64, Glycemic Load:10.73, Inflammation Score:-7, Nutrition Score:5.0386956256369%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 8.93mg, Hesperetin: 8.93mg, Hesperetin: 8.93mg Naringenin: 4.27mg, Naringenin: 4.27mg, Naringenin: 4.27mg, Naringenin: 4.27mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 257.91kcal (12.9%), Fat: 0.29g (0.44%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 29.6g (10.76%), Sugar: 26.93g (29.92%), Cholesterol: 0mg (0%), Sodium: 15.84mg (0.69%), Alcohol: 21.02g (100%), Alcohol %: 9.93% (100%), Protein: 1.08g (2.17%), Vitamin C: 24.85mg (30.13%), Manganese: 0.2mg (10.01%), Potassium: 257.51mg (7.36%), Fiber: 1.63g (6.51%), Vitamin A: 321.51IU (6.43%), Magnesium: 22.81mg (5.7%), Vitamin B6: 0.1mg (5.12%), Folate: 18.27µg (4.57%), Phosphorus: 44.99mg (4.5%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.06mg (4.06%), Copper: 0.08mg (3.99%), Vitamin E: 0.56mg (3.77%), Iron: 0.65mg (3.61%), Vitamin B2: 0.06mg (3.38%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.79µg (2.56%), Calcium: 25.34mg (2.53%),

Vitamin K: 2.65µg (2.53%), Zinc: 0.34mg (2.28%)