



Zero Proof: Chili Peach Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



44 kcal

BEVERAGE

DRINK

Ingredients

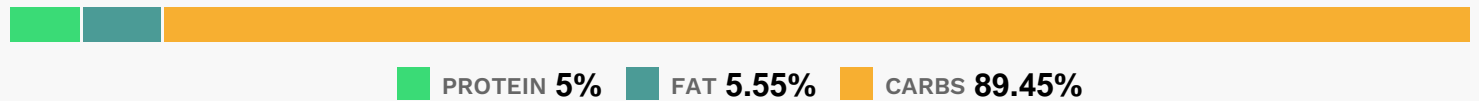
- 1 teaspoon mint leaves fresh packed
- 2 servings ice cubes
- 1 teaspoon jalapeno seeded chopped ()
- 0.3 cup all-natural apricot nectar
- 0.7 cup peaches
- 2 tablespoons juice of lime fresh

Equipment

Directions

- Place jalapenos, lime juice, and mint leaves in cocktail shaker and muddle gently.
- Add ice and juices. Replace top on shaker and shake vigorously for 20 seconds.
- To serve, wet rim of glass with lime or peach juice and then dip in a plate of sugar.
- Pour juice from the shaker into glass and serve immediately, garnished with peach slices if desired.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:3.1960869509241%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 43.64kcal (2.18%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.95g (3.62%), Sugar: 8.68g (9.64%), Cholesterol: 0mg (0%), Sodium: 12.37mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 18.9mg (22.91%), Vitamin A: 616.82IU (12.34%), Vitamin E: 0.63mg (4.17%), Fiber: 0.94g (3.74%), Potassium: 107.68mg (3.08%), Copper: 0.06mg (3.02%), Vitamin B3: 0.51mg (2.57%), Vitamin B1: 0.04mg (2.4%), Manganese: 0.05mg (2.35%), Vitamin K: 2.47µg (2.35%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.85mg (1.96%), Selenium: 1.1µg (1.58%), Phosphorus: 15.65mg (1.56%), Vitamin B2: 0.02mg (1.46%), Folate: 5.63µg (1.41%), Vitamin B5: 0.14mg (1.35%), Iron: 0.23mg (1.27%)