



Agua Fresca de Pepino

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- 3 cups cucumber peeled seeded chopped (2 medium)
- 4 servings ice cubes
- 3 tablespoons juice of lime fresh
- 0.3 serrano chiles seeded
- 0.3 cup sugar
- 3 cups water

Equipment

- sieve

blender

Directions

- Combine first 4 ingredients in a blender; process until smooth.
- Add 3 cups water; cover and refrigerate the mixture overnight.
- Strain cucumber mixture through a fine sieve over a pitcher; discard solids.
- Serve over ice; garnish with lime or cucumber slices, if desired.

Nutrition Facts

PROTEIN 3.85% **FAT 2.82%** **CARBS 93.33%**

Properties

Glycemic Index:21.27, Glycemic Load:8.94, Inflammation Score:0, Nutrition Score:2.5491304112517%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 63.03kcal (3.15%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.82g (5.39%), Sugar: 14.06g (15.62%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 6.74mg (8.16%), Vitamin K: 7.29µg (6.95%), Copper: 0.11mg (5.63%), Potassium: 150.22mg (4.29%), Magnesium: 15.29mg (3.82%), Manganese: 0.08mg (3.8%), Folate: 15.18µg (3.79%), Fiber: 0.76g (3.03%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.25mg (2.54%), Phosphorus: 22.67mg (2.27%), Calcium: 22.71mg (2.27%), Vitamin B1: 0.03mg (2.26%), Vitamin B2: 0.03mg (1.72%), Vitamin A: 80.96IU (1.62%), Zinc: 0.2mg (1.36%), Iron: 0.24mg (1.33%)