



## Almond-Fennel Cooler

READY IN



35 min.

SERVINGS



10

CALORIES



21 kcal

BEVERAGE

DRINK

### Ingredients

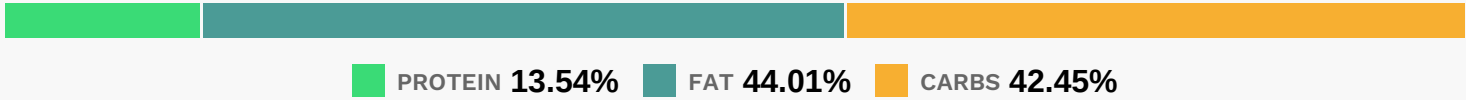
- ☐ 6 ounces club soda chilled
- ☐ 0.8 ounce fennel syrup
- ☐ 1 fennel frond for garnish, optional
- ☐ 10 servings ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 0.8 ounce orgeat almond-flavored

### Equipment

# Directions

- ☐ In a collins glass, combine the orgeat, Fennel Syrup and fresh lemon juice and stir well.
- ☐ Add ice, stir in the chilled club soda and garnish with the fennel frond.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.4834782882877%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 20.54kcal (1.03%), Fat: 1.12g (1.72%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.36g (0.49%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 19.68mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin K: 16.03µg (15.27%), Manganese: 0.1mg (4.88%), Vitamin E: 0.69mg (4.63%), Vitamin C: 3.61mg (4.38%), Fiber: 1.06g (4.25%), Potassium: 123.06mg (3.52%), Magnesium: 10.9mg (2.72%), Copper: 0.05mg (2.45%), Phosphorus: 23.1mg (2.31%), Calcium: 20.84mg (2.08%), Folate: 8.11µg (2.03%), Vitamin B2: 0.03mg (1.92%), Iron: 0.27mg (1.49%), Vitamin B3: 0.24mg (1.21%)