



Blackberry-Lime Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 oz blackberries fresh
- ☐ 4 cups seltzer water chilled
- ☐ 0.5 cup juice of lime fresh
- ☐ 6 servings lime wedges fresh
- ☐ 1 cup powdered sugar

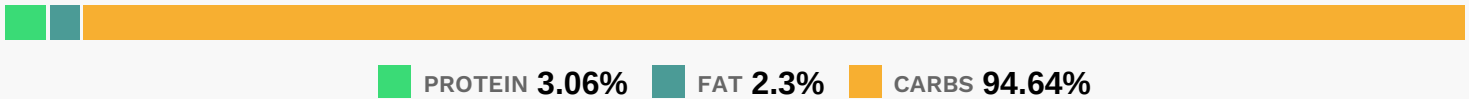
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Process 12-oz. package fresh blackberries, powdered sugar, and lime juice in a blender until smooth (about 30 seconds). Press mixture through a fine wire-mesh strainer into a large pitcher, using back of a spoon to squeeze out juice. Discard pulp and seeds. Stir in chilled water or club soda.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:4.599130547565%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 107.52kcal (5.38%), Fat: 0.29g (0.45%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 24.1g (8.76%), Sugar: 22.68g (25.21%), Cholesterol: 0mg (0%), Sodium: 34.51mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 18.25mg (22.12%), Manganese: 0.37mg (18.62%), Fiber: 3.11g (12.45%), Vitamin K: 11.35µg (10.81%), Copper: 0.11mg (5.53%), Vitamin E: 0.71mg (4.73%), Folate: 16.27µg (4.07%), Magnesium: 14.59mg (3.65%), Potassium: 120.02mg (3.43%), Zinc: 0.48mg (3.18%), Calcium: 27.68mg (2.77%), Vitamin A: 131.92IU (2.64%), Iron: 0.4mg (2.24%), Vitamin B3: 0.4mg (1.98%), Vitamin B5: 0.18mg (1.83%), Phosphorus: 15.48mg (1.55%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.11%)