



Blueberry Smash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

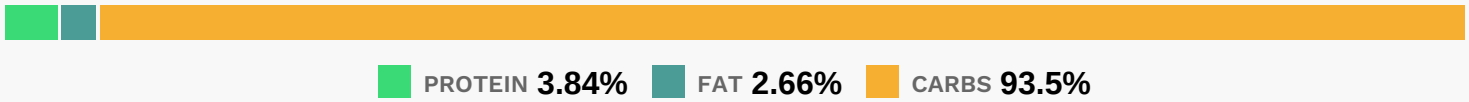
- ☐ 1 cup blueberries fresh
- ☐ 2 optional: lemon sliced into rounds
- ☐ 2 lime sliced into rounds
- ☐ 0.5 cup mint leaves fresh loosely packed for garnish ()
- ☐ 0.8 cup st. germain (elderflower liqueur)
- ☐ 1.5 cups vodka

Equipment

Directions

- ☐ Using a muddler or the handle of a woodenspoon, coarsely mash lemon and limeslices, blueberries, and mint leaves in alarge pitcher. Stir in vodka, St-Germain, and2 cups of ice cubes.
- ☐ Divide drink among coupe or highballglasses; top with more ice cubes.
- ☐ Garnisheach drink with a mint sprig.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:1.76, Inflammation Score:-5, Nutrition Score:3.0417391463466%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg Hesperetin: 15.02mg, Hesperetin: 15.02mg, Hesperetin: 15.02mg, Hesperetin: 15.02mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 209.9kcal (10.5%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 2.38mg (0.1%), Alcohol: 15.03g (100%), Alcohol %: 14.4% (100%), Protein: 0.66g (1.31%), Vitamin C: 21.87mg (26.51%), Fiber: 1.89g (7.58%), Manganese: 0.1mg (5.23%), Vitamin K: 3.67µg (3.5%), Vitamin A: 143.78IU (2.88%), Iron: 0.46mg (2.56%), Potassium: 85.04mg (2.43%), Copper: 0.05mg (2.26%), Folate: 8.63µg (2.16%), Vitamin B6: 0.04mg (2.1%), Calcium: 20.49mg (2.05%), Vitamin B1: 0.03mg (1.82%), Magnesium: 6.53mg (1.63%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 13.86mg (1.39%), Vitamin E: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.2%)