



Buttermilk Cooler



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cardamom pods hulled
- ☐ 2 cups ice cubes
- ☐ 1 sprigs lime thin
- ☐ 6 cups buttermilk low-fat
- ☐ 6 servings salt
- ☐ 5 tablespoons sugar

Equipment

- ☐ blender

Directions

- ☐ In a blender, combine 3 cups buttermilk, cardamom seed, rosewater, and ice. Whirl until ice is finely crushed; pour into a pitcher.
- ☐ Stir in remaining buttermilk, 1 1/3 cups water, and sugar and salt to taste.
- ☐ Pour into glasses and garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:7.01, Inflammation Score:-2, Nutrition Score:7.1752174438342%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 138.7kcal (6.93%), Fat: 2.69g (4.14%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 22.01g (8%), Sugar: 21.48g (23.87%), Cholesterol: 9.6mg (3.2%), Sodium: 553.28mg (24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Calcium: 286.15mg (28.61%), Vitamin B2: 0.37mg (22%), Phosphorus: 216mg (21.6%), Manganese: 0.38mg (18.95%), Potassium: 377.73mg (10.79%), Vitamin B12: 0.53µg (8.8%), Magnesium: 30.26mg (7.56%), Zinc: 1.12mg (7.45%), Selenium: 4.86µg (6.94%), Vitamin B5: 0.66mg (6.6%), Vitamin B1: 0.08mg (5.62%), Vitamin B6: 0.08mg (4.24%), Vitamin C: 2.73mg (3.31%), Folate: 12.01µg (3%), Vitamin A: 112.88IU (2.26%), Copper: 0.05mg (2.25%), Iron: 0.31mg (1.74%), Fiber: 0.38g (1.51%)