



Carambola Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients



1 pound carambola coarsely chopped



0.8 cup club soda chilled



0.3 cup sugar

Equipment



food processor



bowl

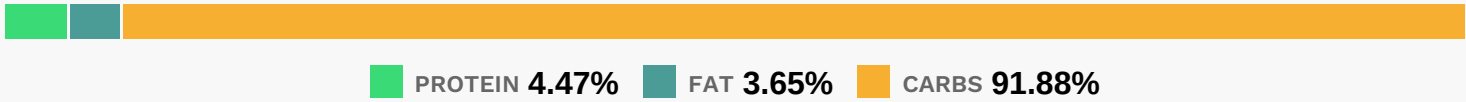


sieve

Directions

- ☐ Combine carambola and sugar in food processor, and process 1 minute or until smooth. Strain mixture through a sieve into a bowl, reserving 1 1/4 cups juice; cover and chill. Discard solids.
- ☐ Add club soda to carambola juice; stir gently.
- ☐ Pour over ice.
- ☐ Garnish with carambola slices, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:17.65, Inflammation Score:-3, Nutrition Score:5.6769565395687%

Nutrients (% of daily need)

Calories: 132.43kcal (6.62%), Fat: 0.57g (0.88%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 28.08g (10.21%), Sugar: 28.2g (31.33%), Cholesterol: 0mg (0%), Sodium: 15.67mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin C: 52.01mg (63.04%), Fiber: 4.23g (16.93%), Copper: 0.21mg (10.61%), Vitamin B5: 0.59mg (5.91%), Potassium: 202.72mg (5.79%), Folate: 18.14µg (4.54%), Magnesium: 15.71mg (3.93%), Manganese: 0.06mg (2.87%), Vitamin B3: 0.55mg (2.77%), Vitamin A: 92.23IU (1.84%), Phosphorus: 18.14mg (1.81%), Vitamin B2: 0.03mg (1.67%), Zinc: 0.24mg (1.62%), Vitamin E: 0.23mg (1.51%), Selenium: 1.04µg (1.49%), Vitamin B1: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.29%)