



Chilled Cucumber and Orange Juice with Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 lb cucumber
- ☐ 2.3 cups mandarin orange segents fresh
- ☐ 0.5 tsp oregano dried as needed plus more
- ☐ 1.5 tsp caster sugar as needed plus more

Equipment

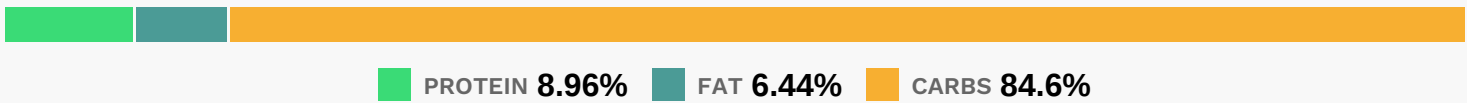
- ☐ food processor
- ☐ bowl

☐ blender

Directions

- ☐ Trim the ends from the cucumbers and scrub the peels.
- ☐ Remove about half of the peels from each cucumber and remove the seeds if they are large.
- ☐ Cut the cucumber into chunks and put in a food processor or blender.
- ☐ Pour in the orange juice and sprinkle in the sugar and oregano. Blend for at least 1 minute or until very finely puréed. The drink should be a bit thick and slightly foamy. Taste for sweetness and seasoning and adjust as needed.
- ☐ Pour into a pitcher, cover, and refrigerate until chilled.
- ☐ Serve in tall glasses or in small bowls with spoons.
- ☐ Reprinted with permission from Morocco: A Culinary Journey with Recipes from the Spice-Scented Markets of Marrakech to the Date-Filled Oasis of Zagora by Jeff Koehler. Copyright © 2012 by Jeff Koehler. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:6.1482608564522%

Flavonoids

Hesperetin: 5.81mg, Hesperetin: 5.81mg, Hesperetin: 5.81mg, Hesperetin: 5.81mg Naringenin: 7.33mg, Naringenin: 7.33mg, Naringenin: 7.33mg, Naringenin: 7.33mg

Nutrients (% of daily need)

Calories: 61.34kcal (3.07%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 11.7g (4.26%), Sugar: 10.89g (12.1%), Cholesterol: 0mg (0%), Sodium: 4.53mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 24.37mg (29.53%), Vitamin A: 609.4IU (12.19%), Vitamin K: 11.82µg (11.26%), Fiber: 2.44g (9.75%), Potassium: 328.93mg (9.4%), Folate: 33.22µg (8.31%), Manganese: 0.15mg (7.32%), Copper: 0.14mg (6.95%), Magnesium: 27.32mg (6.83%), Vitamin B6: 0.14mg (6.79%), Vitamin B1: 0.09mg (5.97%), Vitamin B5: 0.52mg (5.22%), Calcium: 50.63mg (5.06%), Phosphorus: 46.6mg (4.66%), Vitamin B2: 0.07mg (3.83%), Iron: 0.5mg (2.77%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.34mg (1.69%), Vitamin E: 0.22mg (1.46%)