



Citrus-Mint Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 8 servings ice cubes
- ☐ 2 cups pink lemonade kool-aid chilled
- ☐ 0.5 cup juice of lime fresh (4 limes)
- ☐ 0.5 cup lightly mint leaves fresh packed coarsely chopped
- ☐ 0.3 cup splenda no calorie sweetener
- ☐ 1 qt seltzer water chilled
- ☐ 1 cup water

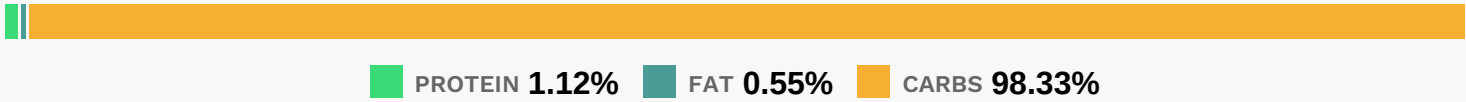
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 1 cup water to a boil in a saucepan.
- ☐ Remove from heat; add mint.
- ☐ Let stand 10 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher. Cover and chill at least 1 hour. Stir in lemonade, sweetener, juice, and sparkling water before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:7.68, Inflammation Score:-1, Nutrition Score:1.0456521661709%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 56.67kcal (2.83%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.59g (5.3%), Sugar: 12.25g (13.62%), Cholesterol: 0mg (0%), Sodium: 34.04mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 5.43mg (6.58%), Vitamin A: 127.04IU (2.54%), Manganese: 0.04mg (1.85%), Calcium: 17.43mg (1.74%), Copper: 0.03mg (1.71%), Magnesium: 5.5mg (1.37%), Folate: 4.72µg (1.18%), Fiber: 0.29g (1.14%), Zinc: 0.17mg (1.13%), Potassium: 36.32mg (1.04%)