



Cool Minted Milk

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup mint leaves fresh chopped
- 8 cups milk 1% low-fat
- 0.3 cup sugar
- 0.5 cup water

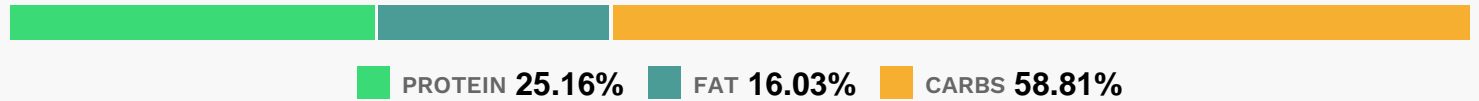
Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring first 3 ingredients to a boil in a medium saucepan, stirring to dissolve sugar. Reduce heat; simmer 1 minute.
- Remove from heat; cover and cool completely.
- Press mixture through a fine sieve over a bowl, reserving mint syrup; discard mint leaves.
- Combine mint syrup and milk; stir well.
- Serve immediately.
- Note: If you prefer to serve this beverage by the glass rather than by the pitcher, stir 4 teaspoons mint syrup into 1 cup milk.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-5, Nutrition Score:8.4978260773679%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 127.51kcal (6.38%), Fat: 2.29g (3.52%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 18.67g (6.79%), Sugar: 17.94g (19.94%), Cholesterol: 11.8mg (3.93%), Sodium: 93.71mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Calcium: 304.7mg (30.47%), Phosphorus: 245.13mg (24.51%), Vitamin B12: 1.44µg (23.99%), Vitamin B2: 0.34mg (19.95%), Vitamin D: 2.6µg (17.31%), Vitamin A: 582.03IU (11.64%), Potassium: 391.37mg (11.18%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.86mg (8.61%), Magnesium: 30.72mg (7.68%), Vitamin B6: 0.15mg (7.26%), Selenium: 4.99µg (7.13%), Zinc: 1.05mg (6.99%), Manganese: 0.04mg (2.02%), Folate: 7.93µg (1.98%), Vitamin B3: 0.31mg (1.57%), Vitamin C: 0.89mg (1.08%)