



Craft Mocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups sugar
- 3 cups water
- 3 cups juice of lemon fresh
- 9 cups water cold
- 1 serving ice cubes
- 1 liter seltzer water chilled
- 2 cups berries mixed (blueberries, blackberries and raspberries)
- 1 optional: lemon thinly sliced

- 1 cup mint leaves fresh
- 2 cups cucumber thinly sliced
- 2 medium mangos peeled chopped
- 1 lime thinly sliced

Equipment

- sauce pan
- wooden spoon

Directions

- In 2-quart saucepan, heat sugar and 3 cups water over medium heat 2 to 3 minutes or until sugar is completely dissolved. Refrigerate until chilled, about 30 minutes.
- To make
- Place 1 cup berries in pitcher. Muddle with back of wooden spoon.
- Add 1 1/2 cups of the sugar mixture, 1 cup lemon juice, 3 cups cold water, remaining berries and lemon slices. Refrigerate 30 minutes to chill. To serve, fill 8 glasses half full with berry mixture.
- Add ice and sparkling water to fill glasses.
- Place mint leaves in pitcher. Muddle with back of wooden spoon.
- Add 1 1/2 cups of the sugar mixture, 1 cup lemon juice, 3 cups cold water and cucumber slices. Refrigerate 30 minutes to chill. To serve, fill 8 glasses half full with cucumber mixture.
- Add ice and sparkling water to fill glasses.
- Place 1 cup chopped mango in pitcher. Muddle with back of wooden spoon.
- Add 1 1/2 cups of the sugar mixture, 1 cup lemon juice, 3 cups cold water, remaining mango and lime slices. Refrigerate 30 minutes to chill. To serve, fill 8 glasses half full with mango mixture.
- Add ice and sparkling water to fill glasses.

Nutrition Facts

  
 PROTEIN 1.5%  FAT 2.38%  CARBS 96.12%

Properties

Glycemic Index:8.1, Glycemic Load:18.82, Inflammation Score:-4, Nutrition Score:3.2321739261565%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg Delphinidin: 2.79mg, Delphinidin: 2.79mg, Delphinidin: 2.79mg, Delphinidin: 2.79mg Malvidin: 6.41mg, Malvidin: 6.41mg, Malvidin: 6.41mg, Malvidin: 6.41mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 124.68kcal (6.23%), Fat: 0.36g (0.55%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 31.25g (11.36%), Sugar: 29.49g (32.76%), Cholesterol: 0mg (0%), Sodium: 16.59mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 22.55mg (27.34%), Vitamin A: 284.43IU (5.69%), Folate: 18.83µg (4.71%), Fiber: 1.15g (4.59%), Vitamin K: 3.66µg (3.48%), Copper: 0.07mg (3.47%), Manganese: 0.07mg (3.33%), Potassium: 103.5mg (2.96%), Vitamin B6: 0.05mg (2.75%), Magnesium: 9.18mg (2.3%), Calcium: 18.91mg (1.89%), Vitamin E: 0.28mg (1.86%), Vitamin B2: 0.03mg (1.76%), Vitamin B1: 0.02mg (1.59%), Iron: 0.26mg (1.42%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.26mg (1.28%), Phosphorus: 11.19mg (1.12%)