



## Crazy Coconut Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



284 kcal

BEVERAGE

DRINK

### Ingredients

- 3 tablespoons coconut milk
- 1 serving ice cubes
- 2 slices optional: lemon
- 2 tablespoons juice of lemon
- 2 slices lime
- 2 tablespoons juice of lime
- 6 to 8 mint leaves plus more for garnish
- 1 serving rum to taste

2 tablespoons sugar to taste

1 cup regular water

## Equipment

blender

mortar and pestle

## Directions

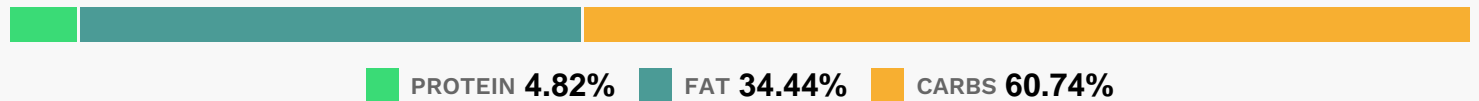
Watch how to make this recipe.

Muddle the mint leaves, sugar, lemon slices and lime slices with a muddler or pestle in the bottom of a large glass. In a blender, mix a little ice, water, coconut milk, lemon juice, lime juice and rum (if using). Give drink a quick blend.

Pour into glass with muddled mint mixture.

Garnish with mint sprigs and lime slices.

## Nutrition Facts



## Properties

Glycemic Index:294.59, Glycemic Load:21.71, Inflammation Score:-6, Nutrition Score:10.622173874275%

## Flavonoids

Eriodictyol: 6.97mg, Eriodictyol: 6.97mg, Eriodictyol: 6.97mg, Eriodictyol: 6.97mg Hesperetin: 12.41mg, Hesperetin: 12.41mg, Hesperetin: 12.41mg, Hesperetin: 12.41mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 284.26kcal (14.21%), Fat: 10.35g (15.92%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 37.3g (13.56%), Sugar: 31.86g (35.4%), Cholesterol: 0mg (0%), Sodium: 264.12mg (11.48%), Alcohol: 5.01g (100%), Alcohol %: 1.37% (100%), Protein: 3.26g (6.52%), Vitamin C: 36.73mg (44.52%), Manganese: 0.77mg (38.7%), Potassium: 821.28mg (23.47%), Magnesium: 91.5mg (22.88%), Fiber: 3.78g (15.11%), Iron: 2.65mg (14.73%), Copper: 0.25mg (12.46%), Phosphorus: 105.38mg (10.54%), Vitamin B2: 0.17mg (10.01%), Calcium: 92.5mg (9.25%), Folate: 31.04µg (7.76%), Vitamin B1: 0.11mg (7.24%), Vitamin B6: 0.13mg (6.73%), Vitamin A: 275.76IU

(5.52%), Zinc: 0.62mg (4.15%), Selenium: 2.67µg (3.81%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.3mg (2.99%)