



Crisp Citrus Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



5

CALORIES



35 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce mint leaves fresh divided
- ☐ 1 medium optional: lemon
- ☐ 1 large lime
- ☐ 6 ounce pineapple juice canned
- ☐ 1.5 cups diet tonic water

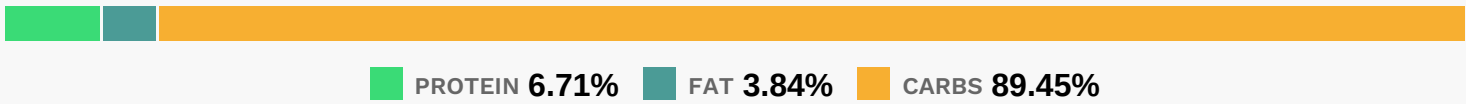
Equipment

- ☐ sieve
- ☐ ziploc bags

Directions

- ☐ Cut lemon and lime in half crosswise, and squeeze 3 tablespoons juice from each into a large zip-top plastic bag, reserving rinds.
- ☐ Add reserved rinds, half of mint leaves, sweetener, and pineapple juice to bag; seal tightly. Squeeze mixture 15 to 20 seconds or until oils from rinds are released and mint leaves are bruised. Refrigerate 30 minutes.
- ☐ Strain mixture through a fine sieve over a pitcher, squeezing rinds to extract remaining juice. Discard fruit and mint; gently stir in tonic water.
- ☐ Fill 5 tall glasses three-quarters full with crushed ice. Top ice evenly with remaining mint leaves, and pour mixture into glasses.
- ☐ Serve immediately

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:3.2478260747764%

Flavonoids

Eriodictyol: 6.37mg, Eriodictyol: 6.37mg, Eriodictyol: 6.37mg, Eriodictyol: 6.37mg Hesperetin: 12.36mg, Hesperetin: 12.36mg, Hesperetin: 12.36mg, Hesperetin: 12.36mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 34.66kcal (1.73%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 7.68g (2.79%), Sugar: 5.62g (6.24%), Cholesterol: 0mg (0%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 20.35mg (24.66%), Fiber: 1.88g (7.5%), Vitamin A: 269.32IU (5.39%), Copper: 0.08mg (4.16%), Manganese: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.47%), Potassium: 117.92mg (3.37%), Iron: 0.59mg (3.3%), Magnesium: 12.88mg (3.22%), Calcium: 31.39mg (3.14%), Folate: 11.61µg (2.9%), Vitamin B6: 0.06mg (2.79%), Vitamin B2: 0.03mg (1.72%), Phosphorus: 12.39mg (1.24%), Vitamin B3: 0.24mg (1.21%)