



Cucumber, Apple, and Mint Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



37 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup apple juice unsweetened frozen 100% undiluted
- 0.5 pound cucumber peeled seeded chopped
- 0.3 cup mint leaves fresh chopped
- 4 ounces ice cubes
- 0.3 cup water cold

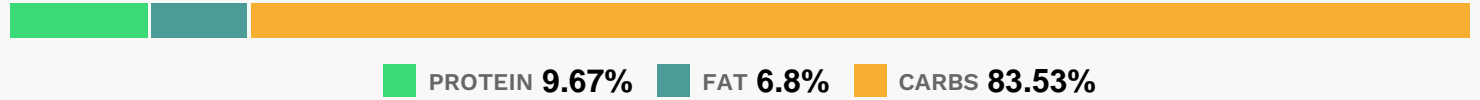
Equipment

- blender

Directions

- Place all ingredients in a blender; process 2 minutes or until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:3.6808695702449%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 36.56kcal (1.83%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 9.98mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.18mg (8.98%), Vitamin K: 8.16µg (7.78%), Vitamin C: 5.79mg (7.02%), Potassium: 227.97mg (6.51%), Vitamin A: 321.01IU (6.42%), Copper: 0.12mg (5.89%), Folate: 22.29µg (5.57%), Fiber: 1.33g (5.31%), Magnesium: 21.04mg (5.26%), Vitamin B6: 0.07mg (3.63%), Calcium: 35.44mg (3.54%), Iron: 0.58mg (3.25%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.31mg (3.11%), Phosphorus: 30.81mg (3.08%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.27mg (1.81%)