



Cucumber Lime Mint Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



255 kcal

BEVERAGE

DRINK

Ingredients



1 lb cucumbers good ends trimmed coarsely chopped (2 sized cucumbers)



0.5 cup lime juice from limes fresh juicy (from 1 pound of limes, or 5 to 10 limes, depending on how they are)



1.3 cup mint leaves packed (spearmint) (a large handful)



0.5 cup sugar



1.3 cup approximately of water

Equipment



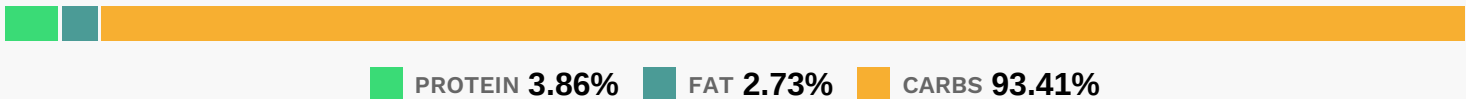
bowl

- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ Put ingredients in blender, add enough water to fill 3/4 of blender. Hold the lid on the blender and purée until smooth.
- ☐ Elise Bauer
- ☐ Elise Bauer
- ☐ Place a fine mesh sieve over a bowl and pour the purée through it, pressing against the sieve with a rubber spatula or the back of a spoon to extract as much liquid out as possible.
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- ☐ Fill a large pitcher halfway with ice cubes.
- ☐ Add the juice.
- ☐ Serve with sprigs of mint and slices of lime.
- ☐ Rate This Recipe
- ☐ I don't like this at all.
- ☐ It's not the worst.
- ☐ Sure, this will do.
- ☐ I'm a fan—would recommend.
- ☐ Amazing! I love it!
- ☐ Thanks for your rating!

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:35.4, Inflammation Score:-2, Nutrition Score:11.369999893334%

Flavonoids

Eriodictyol: 10.02mg, Eriodictyol: 10.02mg, Eriodictyol: 10.02mg, Eriodictyol: 10.02mg Hesperetin: 8.28mg, Hesperetin: 8.28mg, Hesperetin: 8.28mg, Hesperetin: 8.28mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg Luteolin: 3.56mg, Luteolin: 3.56mg, Luteolin: 3.56mg, Luteolin: 3.56mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 254.53kcal (12.73%), Fat: 0.83g (1.28%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 59.9g (21.78%), Sugar: 54.05g (60.06%), Cholesterol: 0mg (0%), Sodium: 22.36mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Vitamin C: 34.35mg (41.64%), Vitamin A: 1388.29IU (27.77%), Manganese: 0.51mg (25.46%), Folate: 69.86µg (17.47%), Fiber: 4.08g (16.32%), Vitamin K: 16.69µg (15.9%), Potassium: 540.26mg (15.44%), Copper: 0.3mg (14.85%), Magnesium: 56.03mg (14.01%), Calcium: 113.5mg (11.35%), Iron: 2.01mg (11.15%), Vitamin B2: 0.15mg (8.83%), Vitamin B6: 0.17mg (8.75%), Phosphorus: 76.63mg (7.66%), Vitamin B1: 0.11mg (7.23%), Vitamin B5: 0.71mg (7.14%), Zinc: 0.77mg (5.11%), Vitamin B3: 0.65mg (3.25%), Vitamin E: 0.2mg (1.34%)