



Decked-Out Water

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



8 kcal

SIDE DISH

Ingredients

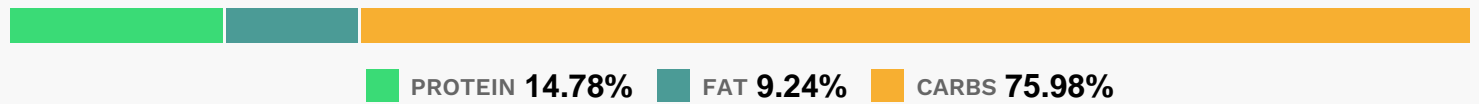
- 5 servings cilantro sprigs fresh
- 3 cilantro sprigs fresh
- 6 cranberries fresh thawed
- 1 medium cucumber
- 3 slices ginger fresh thin
- 3 slices optional: lemon thin
- 3 slices cranberry-orange relish thin
- 12 cups water

Equipment

Directions

- Cut 2 thin lengthwise slices from cucumber. Reserve remaining for another use.
- Stir together cucumber slices, 12 cups water, and next 5 ingredients in a pitcher; cover and chill 1 hour.
- Pour over ice in glasses before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:2.0682608507898%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 8.07kcal (0.4%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 29.84mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin K: 13.11µg (12.48%), Copper: 0.13mg (6.29%), Vitamin C: 4.88mg (5.92%), Magnesium: 11.81mg (2.95%), Calcium: 25.18mg (2.52%), Potassium: 71.34mg (2.04%), Fiber: 0.5g (2.01%), Manganese: 0.04mg (1.96%), Folate: 7.39µg (1.85%), Vitamin A: 89.23IU (1.78%), Vitamin B6: 0.03mg

(1.38%), Vitamin B5: 0.11mg (1.15%), Vitamin B1: 0.02mg (1.05%), Phosphorus: 10.13mg (1.01%)