

Emerald Palmers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



61

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 8 persian cucumbers chopped
- ☐ 61 servings ice cubes
- ☐ 61 servings kosher salt
- ☐ 1.5 cups juice of lemon freshly squeezed
- ☐ 1 tablespoon matcha tea powder green
- ☐ 2 cups mint leaves

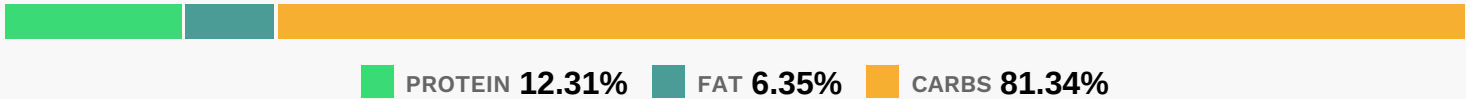
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a bowl, toss the cucumbers with the mint leaves.
- ☐ Transfer half of the mixture to a blender and puree until chunky.
- ☐ In a large pitcher, combine the lemon juice, agave and matcha powder with 5 cups of ice water. With the blender on, add half of the lemon mixture to the puree and blend until very smooth.
- ☐ Transfer to a punch bowl. Blend the remaining cucumbers, mint and lemon mixture until very smooth and transfer to the punch bowl. Season the drink lightly with salt and serve in ice-filled glasses.

Nutrition Facts



Properties

Glycemic Index:0.49, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.3817391402048%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 13.4kcal (0.67%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 197.97mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin C: 4.36mg (5.28%), Vitamin K: 3.24µg (3.08%), Manganese: 0.05mg (2.37%), Folate: 8.93µg (2.23%), Copper: 0.04mg (2.15%), Vitamin A: 103.66IU (2.07%), Potassium: 68.2mg (1.95%), Magnesium: 6.84mg (1.71%), Fiber: 0.41g (1.66%), Vitamin B6: 0.03mg (1.45%), Iron: 0.21mg (1.19%), Vitamin B1: 0.02mg (1.14%), Calcium: 11.27mg (1.13%), Vitamin B5: 0.11mg (1.07%), Vitamin B2: 0.02mg (1.04%)