



 **36%**
HEALTH SCORE

A Refreshing Drink To Welcome You All

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

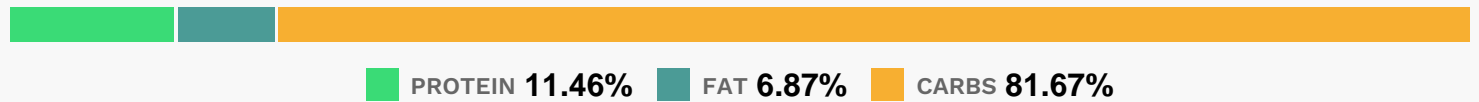
- 2 cups mint leaves fresh
- 6 large optional: lemon
- 1 sugar
- 1 liter water
- 0.5 teaspoon ginger freshly grated
- 1 pinch purple gel food coloring green (food grade)

Equipment

Directions

- Pick the mint leaves and wash it in running water.
- Clean and grate the ginger.
- Heat water in a vessel and add sugar to it.
- Let the sugar dissolve; filter the sugar syrup with a thin muslin cloth.
- Boil it further on medium heat till the syrup becomes a bit thick, about 20 minutes. Take off heat and cool the syrup.
- Now add the mint leaves, grated ginger and juice of lemons. Leave it aside for 4–5 hours to let the mint flavor seep into the syrup.
- Add green color if required.
- Store the concentrate in a clean glass bottle.
- To make the drink, pour about 1 tbsp. of the concentrate and add water to suit your taste.
- Top it with crushed ice and serve the refreshing Minty–lemony drink.

Nutrition Facts



Properties

Glycemic Index:18.43, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:7.7886956521739%

Flavonoids

Eriodictyol: 27.71mg, Eriodictyol: 27.71mg, Eriodictyol: 27.71mg, Eriodictyol: 27.71mg Hesperetin: 31.66mg, Hesperetin: 31.66mg, Hesperetin: 31.66mg, Hesperetin: 31.66mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Taste

Sweetness: 8.87%, Saltiness: 17.52%, Sourness: 100%, Bitterness: 84.04%, Savoriness: 8.84%, Fattiness: 7.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 42.6kcal (2.13%), Fat: 0.47g (0.72%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 8.27g (3.01%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 15.17mg (0.66%), Protein: 1.75g (3.51%), Vitamin C: 62.02mg (75.17%), Fiber: 4.23g (16.91%), Vitamin A: 660.96IU (13.22%), Manganese: 0.21mg (10.46%), Iron: 1.41mg (7.84%), Folate: 29µg (7.25%), Calcium: 69.56mg (6.96%), Potassium: 235.09mg (6.72%), Copper: 0.12mg (5.82%), Magnesium: 22.38mg (5.59%), Vitamin B6: 0.11mg (5.3%), Vitamin B1: 0.06mg (3.7%), Vitamin B2: 0.06mg (3.62%), Phosphorus: 28.29mg (2.83%), Vitamin B5: 0.26mg (2.56%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.25mg (1.66%), Vitamin E: 0.16mg (1.08%)