



Fresh Mint-Citrus Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups juice of lemon fresh
- ☐ 1 cup juice of lime fresh
- ☐ 1 cup orange juice fresh
- ☐ 25 ounce seltzer water lemon-flavored chilled (3 cups)
- ☐ 8 servings mint sugar syrup fresh

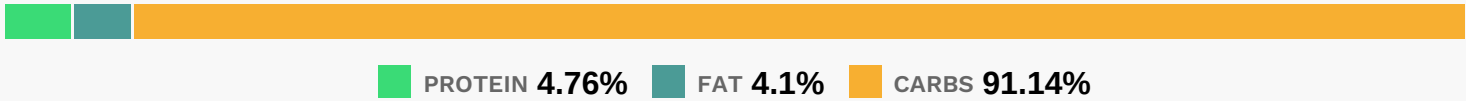
Equipment

- ☐ oven

Directions

- ☐ Combine first four ingredients in a large pitcher, stirring well. Stir in sparkling water just before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:3.6539130359888%

Flavonoids

Eriodictyol: 2.95mg, Eriodictyol: 2.95mg, Eriodictyol: 2.95mg, Eriodictyol: 2.95mg Hesperetin: 13.04mg, Hesperetin: 13.04mg, Hesperetin: 13.04mg, Hesperetin: 13.04mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 34.27kcal (1.71%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.34g (3.4%), Sugar: 5g (5.56%), Cholesterol: 0mg (0%), Sodium: 20.56mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 42.28mg (51.25%), Folate: 21.48µg (5.37%), Potassium: 146.92mg (4.2%), Vitamin B1: 0.05mg (3.18%), Magnesium: 9.56mg (2.39%), Vitamin B6: 0.04mg (2.25%), Copper: 0.03mg (1.73%), Vitamin A: 79.87IU (1.6%), Vitamin B5: 0.16mg (1.56%), Calcium: 14.95mg (1.49%), Phosphorus: 13.24mg (1.32%), Fiber: 0.32g (1.28%), Vitamin B2: 0.02mg (1.25%), Vitamin B3: 0.21mg (1.05%), Zinc: 0.15mg (1.02%)