



## Frozen lychee & mint cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

### Ingredients

- ☐ 400 g lychee canned
- ☐ 1 small bunch mint leaves
- ☐ 100 ml vodka for a non-alcoholic version (or use lychee juice )
- ☐ 2 juice of lime
- ☐ 2 handfuls ice cubes

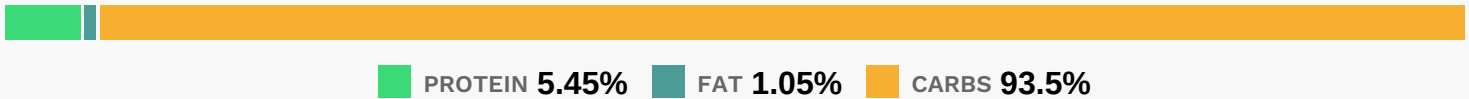
### Equipment

- ☐ blender

# Directions

- ☐ Take a can of lychees and drain the syrup into a blender.
- ☐ Add 4 of the lychees, a small bunch of mint leaves (reserving a few to garnish), the vodka and lime juice.
- ☐ Add ice and blend until slushy.
- ☐ Serve in glasses garnished with a mint sprig and a lychee.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:6.6713043891865%

## Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 83.7kcal (4.19%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 20.32g (7.39%), Sugar: 18.31g (20.34%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin C: 90.67mg (109.91%), Copper: 0.19mg (9.26%), Potassium: 228.57mg (6.53%), Fiber: 1.4g (5.6%), Vitamin B2: 0.08mg (4.88%), Manganese: 0.08mg (4.03%), Phosphorus: 40.05mg (4.01%), Vitamin B3: 0.76mg (3.81%), Magnesium: 14.01mg (3.5%), Iron: 0.44mg (2.43%), Folate: 8.95µg (2.24%), Selenium: 1.14µg (1.62%), Vitamin B6: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.19%), Calcium: 10.55mg (1.05%)