

Green Leaf



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



94 kcal

SIDE DISH

Ingredients



1 dash bitter black



0.5 kiwi fruit



0.5 optional: lemon juiced



1 tablespoon soda water



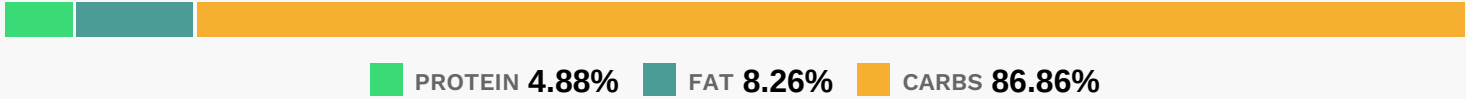
1 tablespoon sugar

Equipment

Directions

 Middle 1 lemon verbena leaf, sugar and a dash of bitter in a shaker.Scoop out and add the kiwi fleash. Gently muddle until combined, then add ice and lemon juice.Top with a splash of soda water and lightly shake until cold and frothy.Double strain into a chilled coup glass.

Nutrition Facts



Properties

Glycemic Index:148.26, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:6.7269566421923%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 94.43kcal (4.72%), Fat: 0.99g (1.52%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 20.51g (7.46%), Sugar: 17.43g (19.36%), Cholesterol: 0mg (0%), Sodium: 6.6mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin C: 62.63mg (75.91%), Vitamin K: 18.36µg (17.49%), Fiber: 2.94g (11.78%), Manganese: 0.1mg (5.02%), Potassium: 170.38mg (4.87%), Copper: 0.1mg (4.81%), Vitamin E: 0.69mg (4.6%), Folate: 18.08µg (4.52%), Vitamin B6: 0.08mg (3.84%), Magnesium: 13.76mg (3.44%), Calcium: 31.43mg (3.14%), Phosphorus: 29.24mg (2.92%), Iron: 0.47mg (2.62%), Vitamin B1: 0.03mg (2.3%), Vitamin B5: 0.2mg (2.02%), Vitamin B2: 0.03mg (1.51%), Vitamin B3: 0.23mg (1.14%), Vitamin A: 51.87IU (1.04%)