

Green Manalishi



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 ounces agave nectar



30 sprigs cilantro leaves



30 mint leaves fresh



14 ounces pepperoncini pepper juice fresh



6 ounces juice of lemon fresh



6 ounces juice of lime fresh



16 ounces rice wine dry



1 serrano chiles sliced

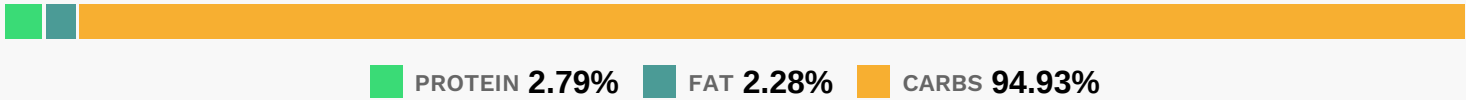
Equipment

☐ bowl

Directions

- ☐ Muddle mint, cilantro, and serrano in a pitcher.
- ☐ Add the cucumber juice, lime juice, lemon juice, and agave nectar and stir to combine. Strain out the solids and refrigerate liquid until ready to serve, at least 1 and up to 4 hours.
- ☐ To serve, combine the punch base with dry sake in an ice filled carafe or punch bowl.
- ☐ Serve in glasses filled with ice cubes.

Nutrition Facts



Properties

Glycemic Index:10.97, Glycemic Load:4.7, Inflammation Score:-7, Nutrition Score:5.5630434725596%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Eriodictyol: 2.66mg, Eriodictyol: 2.66mg, Eriodictyol: 2.66mg, Eriodictyol: 2.66mg Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 179.49kcal (8.97%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 28.01g (10.18%), Sugar: 20.23g (22.47%), Cholesterol: 0mg (0%), Sodium: 9.68mg (0.42%), Alcohol: 9.13g (100%), Alcohol %: 6.32% (100%), Protein: 0.85g (1.69%), Vitamin K: 30.83µg (29.37%), Vitamin C: 22.45mg (27.21%), Vitamin A: 741.06IU (14.82%), Manganese: 0.13mg (6.26%), Folate: 22.37µg (5.59%), Potassium: 178.95mg (5.11%), Vitamin B6: 0.1mg (4.88%), Vitamin B2: 0.07mg (4.35%), Vitamin B1: 0.06mg (3.72%), Magnesium: 14.4mg (3.6%), Fiber: 0.85g (3.41%), Vitamin E: 0.51mg (3.37%), Iron: 0.52mg (2.87%), Copper: 0.05mg (2.71%), Calcium: 26.05mg (2.6%), Vitamin B3: 0.4mg (2%), Selenium: 1.33µg (1.89%), Phosphorus: 18.8mg (1.88%), Vitamin B5: 0.14mg (1.4%)