



Herb-infused Spa Water

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



5 kcal

SIDE DISH

Ingredients

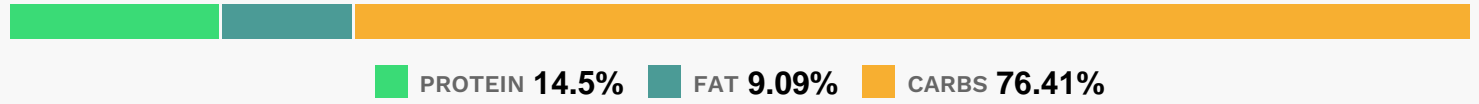
- 12 slices cucumber thin
- 4 sprigs mint leaves fresh crushed (each 2 in. long)
- 2 sprigs rosemary fresh crushed (each 2 in. long)
- 4 slices optional: lemon thin
- 6 cups mineral water chilled

Equipment

Directions

- In a 2- to 2 1/2-quart pitcher, combine water, cucumber, lemon, mint, and rosemary.
- Serve, or cover and chill at least 2 hours or up to 8 hours.
- Add ice cubes just before serving.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.1600000103531%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 5.32kcal (0.27%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.46g (0.52%), Cholesterol: 0mg (0%), Sodium: 4.44mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 4.71mg (5.71%), Calcium: 57.12mg (5.71%), Fiber: 0.43g (1.72%), Manganese: 0.03mg (1.48%), Vitamin K: 1.51µg (1.44%), Potassium: 44.24mg (1.26%), Folate: 4.9µg (1.23%), Vitamin A: 60.6IU (1.21%), Copper: 0.02mg (1.05%)