



"Herbisport" Sports Drink

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

- 1 tbsp agave nectar
- 1 tbsp juice of lemon
- 1 tsp lemon zest
- 1 a dash of salt
- 1 cup water

Equipment

- blender

Directions

Blend. Taste, adding more lemon if desired and a little salt to taste. Note: You can substitute 1 date if you have a strong blender for the agave. Honey would also work. Nutritional Information

Amount Per Serving

Calories

Fat

10g

Carbohydrate

g Dietary Fiber 2g Sugars 27g Protein NA

Nutrition Facts

PROTEIN 0.57% FAT 1.72% CARBS 97.71%

Properties

Glycemic Index: 15, Glycemic Load: 2.4, Inflammation Score: -1, Nutrition Score: 1.6826086915706%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 69.34kcal (3.47%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 17.1g (6.22%), Sugar: 14.74g (16.38%), Cholesterol: 0mg (0%), Sodium: 12.94mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 11.95mg (14.49%), Vitamin K: 4.72µg (4.5%), Vitamin B6: 0.06mg (2.97%), Folate: 9.56µg (2.39%), Vitamin B2: 0.04mg (2.26%), Copper: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.03%), Vitamin E: 0.23mg (1.56%), Fiber: 0.3g (1.2%), Calcium: 10.89mg (1.09%)