



Hibiscus-Blueberry Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



11 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blueberries fresh
- 1 tablespoons juice of lime
- 8 servings liquid stevia to taste (liquid stevia dissolves best)
- 3 cups water cold

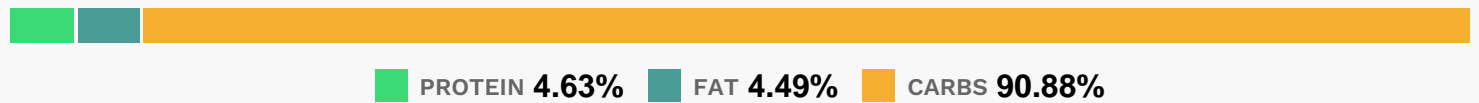
Equipment

- sieve
- blender

Directions

- Place the jamaica in a large stain-proof container and pour the boiling water over it. Allow to steep for 25 minutes. While the tea is steeping, place the blueberries, 3 cups cold water, and the lime juice in a blender. Blend on high speed until it's as smooth as possible.
- Pour it through a fine-mesh strainer into a 2-quart serving pitcher. (Do this gradually as the strainer may clog with blueberry seeds.) Once the tea is steeped, pour it through a clean strainer into the serving pitcher. Stir, taste, and add sweetener as needed. Chill. Stir before serving over ice.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:0.78739129841004%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 11.01kcal (0.55%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 4.66mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin K: 3.58µg (3.41%), Manganese: 0.06mg (3.12%), Vitamin C: 2.36mg (2.86%), Fiber: 0.45g (1.81%), Copper: 0.03mg (1.26%)