



WHATSheATE



Lemony Fresh Herb Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

BEVERAGE

DRINK

Ingredients



2 cups basil leaves and sprigs packed ()



1 cup cilantro leaves and sprigs packed ()



8 servings club soda cold



1 tablespoon juice of lemon fresh



2 teaspoons lemon zest finely grated



8 servings lemon twists and mint sprigs for garnish



1 cup mint leaves and sprigs packed ()



0.5 cup sugar

- ☐ 2 tablespoons tarragon leaves
- ☐ 2 cups water

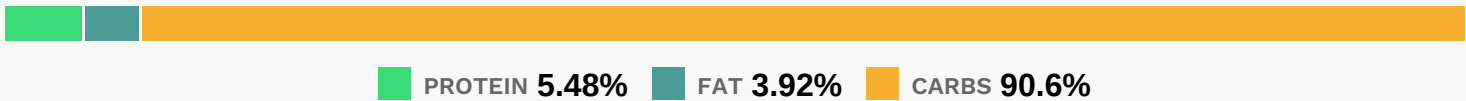
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ In a medium saucepan, combine the water and sugar and bring to a boil, stirring with a wooden spoon until the sugar dissolves. Reduce the heat to moderate and simmer for 5 minutes; let the sugar syrup cool.
- ☐ In a blender or food processor, combine the sugar syrup with the basil, cilantro, mint, tarragon, lemon zest and lemon juice and puree.
- ☐ Let stand for 1 hour, then strain through a coarse sieve, pressing on the solids with the back of a spoon to extract as much liquid as possible.
- ☐ For each drink, pour 1/4 cup of the fresh herb syrup over cracked ice and fill with club soda.
- ☐ Garnish the drinks with a lemon twist and mint sprigs and serve.
- ☐ Make Ahead: The herb syrup can be refrigerated overnight.
- ☐ Notes: Variation: To make a cocktail, add half a shot of vodka and half a shot of rum to each drink.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:9.3, Inflammation Score:-6, Nutrition Score:4.8573913379856%

Flavonoids

Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg, Eriodictyol: 2.14mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 60.41kcal (3.02%), Fat: 0.28g (0.44%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 13.89g (5.05%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 7.64mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin K: 31.1µg (29.62%), Vitamin A: 806.75IU (16.14%), Manganese: 0.3mg (14.77%), Vitamin C: 5.97mg (7.24%), Iron: 1.14mg (6.33%), Calcium: 50.72mg (5.07%), Folate: 18.11µg (4.53%), Magnesium: 16.52mg (4.13%), Copper: 0.07mg (3.62%), Fiber: 0.87g (3.48%), Potassium: 121.67mg (3.48%), Vitamin B6: 0.06mg (3.24%), Vitamin B2: 0.05mg (3.05%), Vitamin B3: 0.35mg (1.75%), Phosphorus: 14.84mg (1.48%), Zinc: 0.21mg (1.4%)