



Mango Mint Sparklers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mint leaves fresh packed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 24 fluid ounces apricot-mango nectar chilled pure
- ☐ 6 servings garnish: cucumber spears and mint leaves fresh
- ☐ 750 ml seltzer water chilled

Equipment

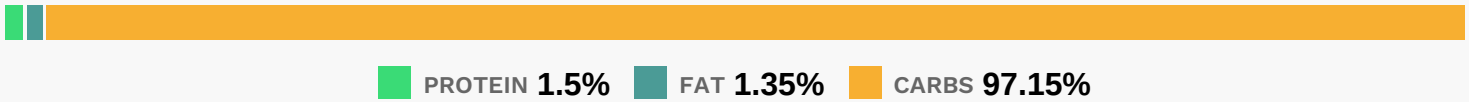
- ☐ bowl
- ☐ sieve

- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ Crush mint leaves with lime juice in a bowl with a pestle or wooden spoon until bruised and beginning to break up. Stir in mango nectar, then chill, covered, at least 1 hour.
- ☐ Pour mango mixture through a sieve into a large glass measure, discarding solids, then pour about 1/2 cup mango mixture into each of 6 (10-ounce) glasses and top off with Moscato d'Asti (or sparkling water).
- ☐ Mango mixture can be chilled, covered, up to 1 day.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:3.1299999913444%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.96kcal (3.15%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.54g (5.65%), Sugar: 14.71g (16.34%), Cholesterol: 0mg (0%), Sodium: 33.11mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 19.64mg (23.81%), Vitamin A: 941.88IU (18.84%), Manganese: 0.07mg (3.43%), Calcium: 33.69mg (3.37%), Iron: 0.59mg (3.26%), Folate: 11.81µg (2.95%), Fiber: 0.59g (2.38%), Magnesium: 7.3mg (1.82%), Copper: 0.04mg (1.77%), Vitamin E: 0.25mg (1.69%), Potassium: 50.17mg (1.43%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.12%)