



Merry Berry Christmas, Sugar



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons agave nectar light
- ☐ 2 blackberries fresh
- ☐ 4 blueberries fresh
- ☐ 5 mint leaves fresh
- ☐ 2 tablespoons ginger ale
- ☐ 1 cup ice cubes crushed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 5 raspberries fresh

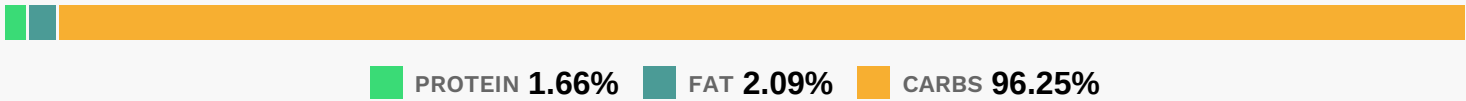
☐ 6 tablespoons water

Equipment

Directions

- ☐ Muddle 5 fresh raspberries, blueberries, 2 fresh blackberries, light agave nectar, mint leaves, and lime juice in a cocktail shaker. Stir in crushed ice and water. Cover with lid, and shake vigorously until thoroughly chilled (7 to 10 seconds).
- ☐ Pour mixture into a 16-oz. glass, and top with ginger ale.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:169, Glycemic Load:5.67, Inflammation Score:-4, Nutrition Score:4.3313043247099%

Flavonoids

Cyanidin: 9.01mg, Cyanidin: 9.01mg, Cyanidin: 9.01mg, Cyanidin: 9.01mg Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg Delphinidin: 1.97mg, Delphinidin: 1.97mg, Delphinidin: 1.97mg, Delphinidin: 1.97mg Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg, Hesperetin: 3.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 128.59kcal (6.43%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 30.69g (11.16%), Sugar: 25.71g (28.57%), Cholesterol: 0mg (0%), Sodium: 22mg (0.96%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin C: 19.91mg (24.13%), Vitamin K: 9.84µg (9.37%), Manganese: 0.18mg (9%), Fiber: 1.57g (6.28%), Folate: 21.56µg (5.39%), Copper: 0.1mg (5.18%), Vitamin B6: 0.1mg (5.05%), Vitamin A: 242.07IU (4.84%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.06mg (3.73%), Vitamin E: 0.54mg (3.59%), Magnesium: 13.59mg (3.4%), Calcium: 31.32mg (3.13%), Iron: 0.47mg (2.62%), Potassium: 90.69mg (2.59%), Vitamin B3: 0.45mg (2.26%), Zinc: 0.2mg (1.34%), Phosphorus: 12.57mg (1.26%), Vitamin B5: 0.1mg (1.04%)