



Mint-Lime Drizzle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



146 kcal

SIDE DISH

Ingredients

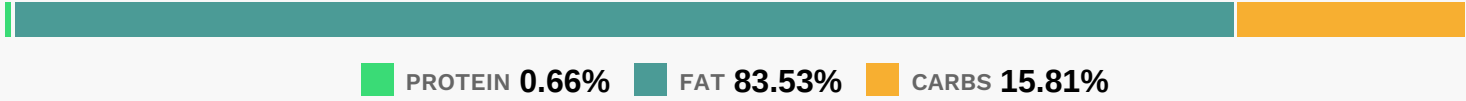
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

Equipment

Directions

☐ Stir together chopped fresh mint, fresh lime juice, olive oil, sugar, and salt.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:2.2369565029183%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 146.41kcal (7.32%), Fat: 14.07g (21.65%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 292.86mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin E: 2.05mg (13.66%), Vitamin K: 8.52µg (8.11%), Vitamin C: 6.09mg (7.38%), Vitamin A: 219.9IU (4.4%), Manganese: 0.06mg (3.12%), Iron: 0.35mg (1.95%), Fiber: 0.46g (1.84%), Folate: 7.2µg (1.8%), Calcium: 14.61mg (1.46%), Potassium: 46.28mg (1.32%), Magnesium: 5.21mg (1.3%), Copper: 0.02mg (1.05%)