



## Minted Orange-Lemon Fizz

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup juice of lemon fresh
- 0.5 cup tightly mint leaves packed
- 0.8 cup orange juice unsweetened
- 1 tablespoon orange rind grated
- 2 cups seltzer water lemon-flavored chilled
- 0.7 cup sugar
- 1.3 cups water

### Equipment

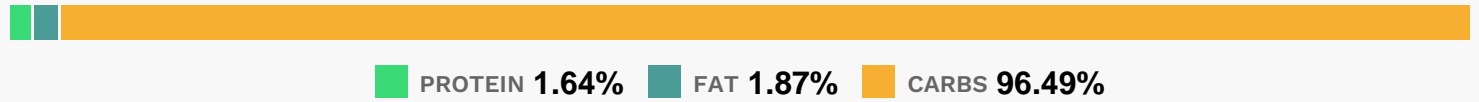
sauce pan

sieve

## Directions

- Combine 1 1/4 cups water and sugar in a small saucepan; cook over medium heat, stirring constantly, until sugar dissolves.
- Remove from heat, and let cool completely.
- Combine sugar mixture, 1/2 cup mint leaves, and next 3 ingredients. Cover and chill.
- Pour mixture through a wire-mesh strainer into a pitcher, discarding mint and orange rind. Just before serving, stir in sparkling water.
- Serve over ice.
- Garnish with fresh mint sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:5.15, Inflammation Score:-1, Nutrition Score:0.96304346305197%

## Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 32.94kcal (1.65%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 6.32mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 8.96mg (10.86%), Folate: 5.99µg (1.5%), Vitamin A: 68.2IU (1.36%), Potassium: 35.67mg (1.02%)