



## Minted Raspberry-Hibiscus Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 mint sprigs
- ☐ 2 cups raspberries fresh
- ☐ 0.8 cup sugar
- ☐ 6 rose hip and hibiscus tea bags (such as Pompadour brand)
- ☐ 8 cups water

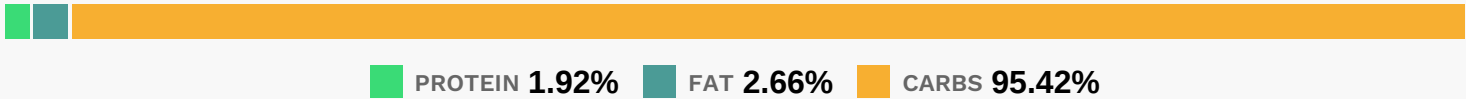
### Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 8 cups water to a boil in a large saucepan.
- ☐ Add raspberries, mint, and tea bags.
- ☐ Remove from heat.
- ☐ Let stand 1 hour at room temperature.
- ☐ Remove tea bags; strain mixture through a sieve, reserving liquid. Discard solids.
- ☐ Add sugar and juice to tea, stirring until sugar dissolves.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:2.6078260955603%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 89.88kcal (4.49%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 20.58g (7.49%), Sugar: 20.09g (22.32%), Cholesterol: 0mg (0%), Sodium: 13.08mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Manganese: 0.23mg (11.51%), Vitamin C: 9.35mg (11.33%), Fiber: 2.15g (8.59%), Copper: 0.07mg (3.72%), Magnesium: 11mg (2.75%), Folate: 9.42µg (2.35%), Vitamin A: 112.23IU (2.24%), Vitamin K: 2.34µg (2.23%), Calcium: 20.74mg (2.07%), Iron: 0.34mg (1.89%), Vitamin E: 0.26mg (1.76%), Potassium: 61.3mg (1.75%), Vitamin B2: 0.02mg (1.27%), Zinc: 0.18mg (1.19%), Vitamin B3: 0.22mg (1.11%), Vitamin B5: 0.11mg (1.09%), Phosphorus: 10.61mg (1.06%), Vitamin B6: 0.02mg (1.02%)