



Minted Sake and Pineapple Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup juice of lime fresh
- 1 ounce mint leaves loosely packed
- 18 ounce pineapple rings divided canned
- 1 cup rice wine
- 0.3 cup sugar

Equipment

- bowl
- sieve

- blender
- ziploc bags

Directions

- Combine mint, sake, and sugar in a blender; process for 2 minutes or until mint is very finely chopped. Strain sake mixture through a fine sieve over a bowl; discard solids. Stir in 2 cans pineapple juice and lime juice. Cover and chill.
- Pour the remaining 1 can pineapple juice into a zip-top plastic bag; seal.
- Lay the bag flat in the freezer; freeze 1 hour or until frozen.
- Combine the sake mixture and frozen pineapple juice in a blender; process 1 minute or until thoroughly combined.
- Pour about 3/4 cup pineapple mixture into each of 5 glasses, and let stand 1 minute before serving.
- Garnish with pineapple slices, if desired.

Nutrition Facts

■ PROTEIN **3.24%** ■ FAT **1.47%** ■ CARBS **95.29%**

Properties

Glycemic Index:14.02, Glycemic Load:6.98, Inflammation Score:-5, Nutrition Score:3.7073912685332%

Flavonoids

Eriodictyol: 2.02mg, Eriodictyol: 2.02mg, Eriodictyol: 2.02mg, Eriodictyol: 2.02mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 28.27g (10.28%), Sugar: 24.74g (27.49%), Cholesterol: 0mg (0%), Sodium: 4.08mg (0.18%), Alcohol: 7.73g (100%), Alcohol %: 5.51% (100%), Protein: 1.02g (2.05%), Vitamin C: 15.03mg (18.21%), Vitamin B1: 0.11mg (7.45%), Fiber: 1.83g (7.32%), Copper: 0.14mg (6.81%), Vitamin A: 297.94IU (5.96%), Magnesium: 23.69mg (5.92%), Potassium: 185.17mg (5.29%), Vitamin B6: 0.09mg (4.42%), Iron: 0.64mg (3.54%), Manganese: 0.07mg (3.46%), Calcium: 34.3mg (3.43%), Folate: 12.78µg (3.19%), Vitamin B2: 0.04mg (2.37%), Vitamin B3: 0.4mg (2.02%),

Selenium: 1.15µg (1.65%), Phosphorus: 15.86mg (1.59%), Zinc: 0.19mg (1.24%)