



Persian Pomegranate Mocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

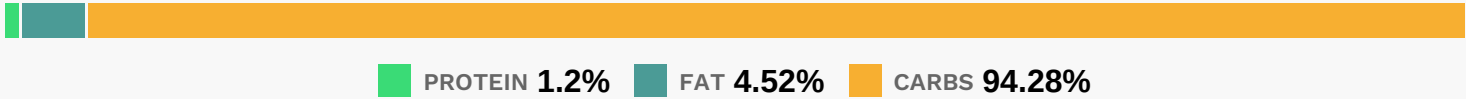
- ☐ 2 cups ice cubes
- ☐ 2 tbsp juice of lime fresh
- ☐ 1 tbsp orange-flower water
- ☐ 2 cups pomegranate juice
- ☐ 1 can stevia powder to taste well

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Persian Pomegranate Mocktail
- ☐ Ingredients2 cups pomegranate juice2 cups ice cubes, or more if needed2 tbsp fresh lime juice1 tbsp orange blossom water
- ☐ Sweetener to taste - I use stevia- you can use sugar and agave also work well)
- ☐ Total Time: 5 Minutes
- ☐ Servings: 2
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.3434783077758%

Flavonoids

Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 0.73g (1.13%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 34.07g (12.39%), Sugar: 31.63g (35.14%), Cholesterol: 0mg (0%), Sodium: 34.54mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin K: 25.99µg (24.75%), Potassium: 550.41mg (15.73%), Folate: 61.26µg (15.31%), Manganese: 0.24mg (11.96%), Vitamin B5: 0.73mg (7.28%), Vitamin E: 0.98mg (6.53%), Vitamin C: 4.75mg (5.76%), Vitamin B6: 0.11mg (5.26%), Magnesium: 21mg (5.25%), Copper: 0.09mg (4.71%), Calcium: 36.59mg (3.66%), Vitamin B3: 0.6mg (3.01%), Phosphorus: 29.49mg (2.95%), Vitamin B1: 0.04mg (2.74%), Vitamin B2: 0.04mg (2.33%), Zinc: 0.26mg (1.73%), Iron: 0.26mg (1.46%), Fiber: 0.31g (1.24%), Selenium: 0.76µg (1.09%)