



Pineapple-Mint Water



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



50 kcal

SIDE DISH

Ingredients



4 large mint leaves



0.3 cup pineapple chunks



2 cups water cold

Equipment



wooden spoon

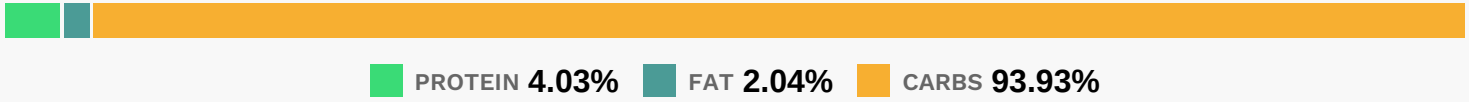


cheesecloth

Directions

- ☐ Put pineapple and mint in a large cocktail shaker.
- ☐ Add 1 tbsp. water; mash well with a muddler or end of a wooden spoon.
- ☐ Stir in sparkling water, cover, then strain into an ice-filled glass (for a clearer drink, pour through cheesecloth).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.7260869482289%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg

Nutrients (% of daily need)

Calories: 50.12kcal (2.51%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.52g (4.19%), Sugar: 11.25g (12.5%), Cholesterol: 0mg (0%), Sodium: 25.69mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 8.69mg (10.53%), Copper: 0.17mg (8.66%), Vitamin B1: 0.08mg (5.58%), Fiber: 1.35g (5.38%), Magnesium: 19.76mg (4.94%), Vitamin A: 209.35IU (4.19%), Calcium: 36.53mg (3.65%), Potassium: 120.55mg (3.44%), Vitamin B6: 0.06mg (3.22%), Iron: 0.42mg (2.36%), Manganese: 0.05mg (2.35%), Folate: 8.5µg (2.13%), Vitamin B2: 0.03mg (1.6%), Vitamin B3: 0.29mg (1.46%), Zinc: 0.17mg (1.14%)