



Raspberry-Orange-Mint Cooler



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup mint leaves fresh packed
- ☐ 0.3 cup honey
- ☐ 10 servings ice cubes
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 cups pulp-free orange juice chilled
- ☐ 1.5 cups raspberries frozen thawed
- ☐ 10 servings garnish: raspberries fresh

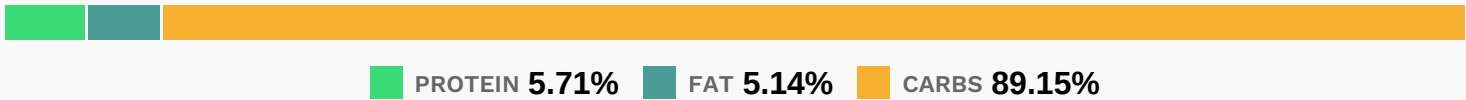
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Process mint leaves, honey, and lemon juice in a blender until mint leaves are finely chopped (about 30 seconds); pour into a pitcher.
- ☐ Add 2 cups orange juice and 1 1/2 cups frozen raspberries to a blender, and process until smooth, stopping to scrape down sides as needed.
- ☐ Pour raspberry mixture through a wire-mesh strainer into pitcher, discarding seeds. Stir in remaining 4 cups orange juice; serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:12.63, Inflammation Score:-7, Nutrition Score:11.408260938914%

Flavonoids

Cyanidin: 35.7mg, Cyanidin: 35.7mg, Cyanidin: 35.7mg, Cyanidin: 35.7mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.76mg, Pelargonidin: 0.76mg, Pelargonidin: 0.76mg, Pelargonidin: 0.76mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 18.33mg, Hesperetin: 18.33mg, Hesperetin: 18.33mg, Hesperetin: 18.33mg Naringenin: 3.23mg, Naringenin: 3.23mg, Naringenin: 3.23mg, Naringenin: 3.23mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 134.73kcal (6.74%), Fat: 0.82g (1.27%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 26.63g (9.68%), Sugar: 22.98g (25.53%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 96.4mg (116.85%), Manganese: 0.56mg (28.19%), Fiber: 5.48g (21.93%), Folate: 63.07µg (15.77%), Potassium: 429.28mg (12.27%), Vitamin B1: 0.16mg (10.7%), Magnesium: 35.34mg (8.83%), Copper: 0.15mg (7.59%), Vitamin A: 371.31IU (7.43%), Vitamin K: 6.23µg (5.94%), Vitamin B5: 0.55mg (5.53%), Vitamin B3: 1.09mg (5.47%), Vitamin B6: 0.11mg (5.36%), Iron: 0.93mg (5.17%), Vitamin E: 0.74mg (4.95%), Phosphorus: 49.32mg (4.93%), Vitamin B2: 0.08mg (4.76%), Calcium: 40.97mg (4.1%), Zinc: 0.44mg (2.93%)