



## Refresco de Tamarindo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup sugar
- 1.5 cups tamarind purée
- 6 cups water cold

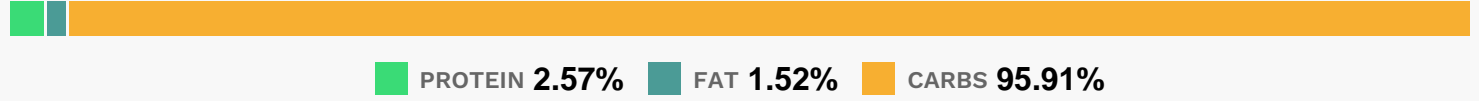
### Equipment

### Directions

- Combine Tamarind Pure and sugar in a pitcher; stir.

- Add water; stir.
- Serve over ice.
- Garnish with mint, if desired.

## Nutrition Facts



### Properties

Glycemic Index:8.44, Glycemic Load:14.82, Inflammation Score:-1, Nutrition Score:1.668260872526%

### Nutrients (% of daily need)

Calories: 89.1kcal (4.46%), Fat: 0.16g (0.25%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.07g (8.03%), Sugar: 17.96g (19.96%), Cholesterol: 0mg (0%), Sodium: 10.74mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin B1: 0.09mg (6.33%), Magnesium: 21.29mg (5.32%), Fiber: 1.13g (4.52%), Potassium: 139.48mg (3.99%), Iron: 0.63mg (3.48%), Phosphorus: 25.06mg (2.51%), Vitamin B3: 0.43mg (2.15%), Vitamin B2: 0.04mg (2.09%), Calcium: 19.17mg (1.92%), Copper: 0.03mg (1.7%)