

## Shrub Fizzy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



137 kcal

SIDE DISH

### Ingredients

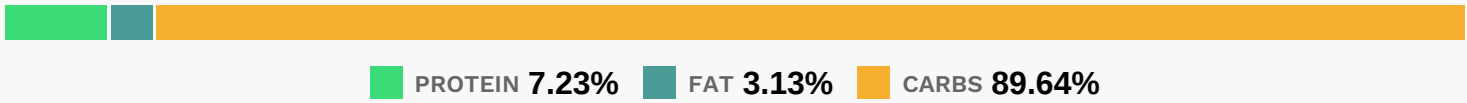
- ☐ 1 serving grapefruit shrub
- ☐ 1 serving grapefruit wedge red
- ☐ 0.3 cup pineapple ginger mint shrub cold
- ☐ 1.3 cups seltzer water cold

### Equipment

### Directions

- ☐
- Pour shrub into a tall glass. Top up with sparkling water, and stir. Taste and adjust proportions if you like.
- ☐
- Garnish with pineapple spear or grapefruit wedge.

# Nutrition Facts



## Properties

Glycemic Index:50, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:14.183913062448%

## Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 100.53mg, Naringenin: 100.53mg, Naringenin: 100.53mg, Naringenin: 100.53mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 137.24kcal (6.86%), Fat: 0.54g (0.83%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 28.8g (10.47%), Sugar: 21.22g (23.58%), Cholesterol: 0mg (0%), Sodium: 65.59mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin C: 99.67mg (120.82%), Vitamin A: 4019.9IU (80.4%), Fiber: 5.83g (23.31%), Potassium: 485.73mg (13.88%), Folate: 52.87µg (13.22%), Calcium: 109.88mg (10.99%), Manganese: 0.2mg (10.15%), Magnesium: 39.68mg (9.92%), Vitamin B1: 0.14mg (9.44%), Vitamin B6: 0.18mg (8.89%), Vitamin B5: 0.85mg (8.45%), Copper: 0.15mg (7.67%), Vitamin B2: 0.13mg (7.38%), Phosphorus: 63.65mg (6.37%), Iron: 0.85mg (4.71%), Zinc: 0.64mg (4.24%), Vitamin B3: 0.82mg (4.1%), Vitamin E: 0.4mg (2.67%)