



## Sparkling Basil Refresher



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 0.5 cup basil fresh julienned
- 4 servings ice cubes
- 4 servings garnish: lemon wedges and basil sprigs fresh
- 0.3 cup juice of lemon fresh
- 0.5 cup sugar raw
- 2 cups raspberry soda water

### Equipment

## Directions

- In a pitcher, combine sugar, lemon juice, raspberry soda water and basil and stir.
- Pour over ice and garnish with lemon and basil.

## Nutrition Facts

**PROTEIN 0.85%** **FAT 0.68%** **CARBS 98.47%**

## Properties

Glycemic Index:35, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:2.3895652380003%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 105.37kcal (5.27%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 26.34g (9.58%), Sugar: 25.32g (28.14%), Cholesterol: 0mg (0%), Sodium: 28.8mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 20.75µg (19.76%), Vitamin C: 8.77mg (10.63%), Vitamin A: 264.97IU (5.3%), Manganese: 0.07mg (3.63%), Calcium: 20.66mg (2.07%), Copper: 0.04mg (2.04%), Folate: 7.47µg (1.87%), Magnesium: 6.66mg (1.67%), Iron: 0.28mg (1.55%), Potassium: 45.31mg (1.29%), Zinc: 0.18mg (1.21%)