



Strawberry, Lemon and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 6 basil fresh
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon sugar raw
- ☐ 0.8 cup seltzer water
- ☐ 5 small strawberries quartered for garnish thin (or 3 large strawberries,)

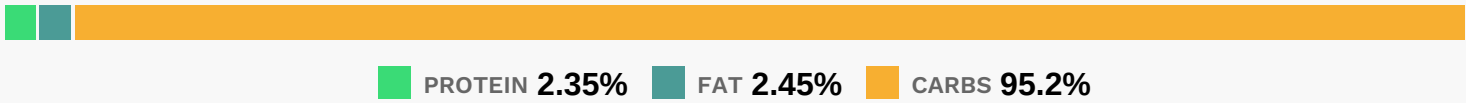
Equipment

- ☐ wooden spoon

Directions

- ☐
- Combine fresh lemon juice, raw sugar, basil, whole strawberries, and salt in a pint glass. Muddle ingredients with a muddler or the handle of a wooden spoon until sugar dissolves.
- ☐
- Add ice cubes and soda water and stir until chilled. Strain into a 12-ounce glass filled with ice cubes and garnish with a strawberry slice.
- ☐
- Per serving: 56 calories, 13 g sugar
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:3.8908696537432%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.7mg, Pelargonidin: 8.7mg, Pelargonidin: 8.7mg, Pelargonidin: 8.7mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 66.23kcal (3.31%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.97g (5.81%), Sugar: 14.38g (15.98%), Cholesterol: 0mg (0%), Sodium: 77.13mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin C: 32.62mg (39.54%), Vitamin K: 10.73µg (10.22%), Manganese: 0.17mg (8.68%), Folate: 16.03µg (4.01%), Fiber: 0.83g (3.31%), Potassium: 98.57mg (2.82%), Vitamin A: 132.6IU (2.65%), Magnesium: 9.9mg (2.48%), Calcium: 21.98mg (2.2%), Copper: 0.04mg (2.13%), Zinc:

0.26mg (1.76%), Vitamin B6: 0.03mg (1.7%), Iron: 0.31mg (1.7%), Phosphorus: 12.26mg (1.23%), Vitamin E: 0.17mg (1.1%), Vitamin B1: 0.02mg (1.09%)