



Strawberry Mint Chia Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 tablespoons agave nectar
- 0.3 cup chia seeds
- 35 ounce coconut water canned
- 1 cup mint leaves fresh
- 0.3 cup juice of lemon
- 0.3 cup juice of lime
- 2 cups strawberries ripe
- 4 servings water

Equipment

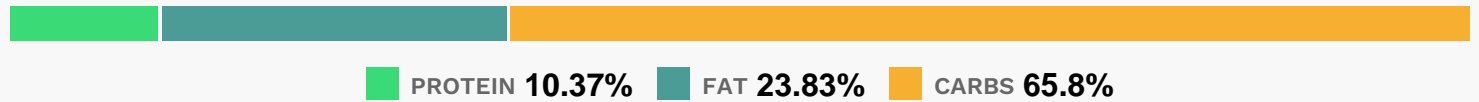
blender

Directions

Blend strawberries, 1 cup water, and mint leaves in a blender until smooth, 20 to 30 seconds; strain into a 2-quart pitcher. Stir coconut water, 1 cup water, lime juice, lemon juice, and agave nectar into the strawberry mixture.

Mix chia seeds in small increments into the strawberry mixture, stirring continually to keep from clumping together. Refrigerate mixture until chia seeds fully absorb the liquid, 30 minutes to overnight.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:6.4, Inflammation Score:-8, Nutrition Score:17.756956494373%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 4.55mg, Eriodictyol: 4.55mg, Eriodictyol: 4.55mg, Eriodictyol: 4.55mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 186.58kcal (9.33%), Fat: 5.27g (8.1%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 22.65g (8.24%), Sugar: 17.77g (19.75%), Cholesterol: 0mg (0%), Sodium: 279.64mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin C: 64.32mg (77.96%), Manganese: 1.15mg (57.66%), Fiber: 10.07g (40.28%), Magnesium: 132.43mg (33.11%), Potassium: 885.8mg (25.31%), Phosphorus: 200.38mg (20.04%), Calcium: 198.02mg (19.8%), Copper: 0.35mg (17.35%), Selenium: 10.8µg (15.42%), Iron: 2.71mg (15.08%), Vitamin B1: 0.21mg (13.93%), Vitamin B2: 0.23mg (13.71%), Folate: 52.2µg (13.05%), Vitamin B3: 2.03mg (10.13%), Vitamin A: 502.67IU (10.05%), Vitamin B6: 0.17mg (8.25%), Zinc: 1.17mg (7.78%), Vitamin K: 4.04µg (3.85%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.27mg (2.73%)