



Strawberry-Mint Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



143 kcal

BEVERAGE

DRINK

Ingredients

- 5 cups strawberries fresh
- 0.5 cup sugar
- 3 cups ice cubes
- 6 cups coca-cola chilled flavored
- 0.3 cup mint leaves packed

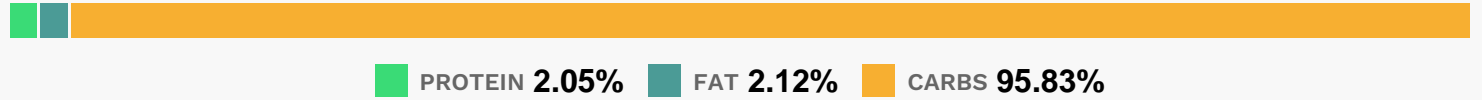
Equipment

- food processor

Directions

- In food processor, process 4 cups of the strawberries and the sugar with on-and-off motions until smooth.
- Pour pureed strawberries into large pitcher. Slice remaining 1 cup strawberries; set aside.
- Just before serving, stir in ice, carbonated beverage, sliced strawberries and mint.

Nutrition Facts



Properties

Glycemic Index:21.64, Glycemic Load:21.43, Inflammation Score:-4, Nutrition Score:5.7786957647489%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg, Pelargonidin: 22.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 143.4kcal (7.17%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 34.58g (12.57%), Sugar: 32.75g (36.39%), Cholesterol: 0mg (0%), Sodium: 12.98mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.16mg (4.72%), Protein: 0.78g (1.56%), Vitamin C: 53.37mg (64.69%), Manganese: 0.37mg (18.4%), Fiber: 1.91g (7.65%), Folate: 23.2µg (5.8%), Potassium: 149.49mg (4.27%), Phosphorus: 40.33mg (4.03%), Iron: 0.64mg (3.56%), Magnesium: 13.71mg (3.43%), Copper: 0.06mg (3.23%),

Calcium: 24.14mg (2.41%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 1.98µg (1.89%), Vitamin B3: 0.37mg (1.86%),
Vitamin E: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.52%), Vitamin A: 70.54IU (1.41%), Zinc:
0.19mg (1.25%), Vitamin B5: 0.12mg (1.17%)