



Strawberry-Mint Sparkling Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 0.5 cup juice of lime fresh
- ☐ 750 milliliter sparkling wine chilled
- ☐ 3 cups strawberries sliced
- ☐ 0.3 cup water

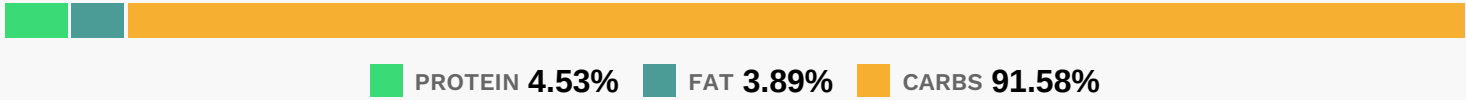
Equipment

- ☐ blender

Directions

- ☐ Place first 5 ingredients in a blender; process until smooth (about 1 minute).
- ☐ Pour about 1/2 cup strawberry mixture into each of 6 glasses. Slowly pour about 1/2 cup wine into each glass; gently stir to combine.
- ☐ Garnish with whole berries, if desired.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:6.5278260085894%

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: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg 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: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 120.22kcal (6.01%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.41g (5.24%), Sugar: 11.53g (12.81%), Cholesterol: 0mg (0%), Sodium: 11.87mg (0.52%), Alcohol: 7.98g (100%), Alcohol %: 4.22% (100%), Protein: 0.8g (1.61%), Vitamin C: 51.14mg (61.98%), Manganese: 0.33mg (16.31%), Potassium: 265.19mg (7.58%), Fiber: 1.84g (7.36%), Folate: 27.57µg (6.89%), Magnesium: 26.63mg (6.66%), Iron: 1.01mg (5.62%), Vitamin B6: 0.09mg (4.64%), Phosphorus: 41.64mg (4.16%), Vitamin K: 3.77µg (3.59%), Vitamin

A: 178.02IU (3.56%), Calcium: 35.07mg (3.51%), Copper: 0.07mg (3.42%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.56mg (2.79%), Vitamin B1: 0.04mg (2.44%), Vitamin E: 0.34mg (2.29%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.13mg (1.27%), Selenium: 0.71µg (1.02%)