



## Strawberry Refresher

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups ice cubes
- 0.3 cup kool-aid strawberry flavor sugar-sweetened drink mix
- 2 cups strawberries sliced
- 1.5 cups water cold

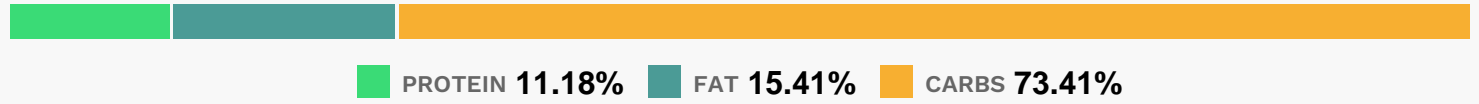
### Equipment

- blender

## Directions

- Place water, strawberries and drink mix in blender container; cover. Blend 15 seconds.
- Add ice cubes; cover. Blend 15 seconds or until smooth.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:2.67, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.5817391269881%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 18.03kcal (0.9%), Fat: 0.32g (0.5%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.07g (1.11%), Sugar: 2.26g (2.51%), Cholesterol: 0.67mg (0.22%), Sodium: 14.2mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 11.37mg (13.78%), Manganese: 0.08mg (4.03%), Vitamin B2: 0.03mg (1.75%), Fiber: 0.39g (1.55%), Folate: 5.89µg (1.47%), Phosphorus: 14.55mg (1.46%), Potassium: 50.43mg (1.44%), Magnesium: 5.63mg (1.41%), Calcium: 13.01mg (1.3%), Vitamin B1: 0.02mg (1.24%), Copper: 0.02mg (1.18%), Vitamin B3: 0.22mg (1.1%), Vitamin B6: 0.02mg (1.02%)