



## Tamarind and Date Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

BEVERAGE

DRINK

### Ingredients



18 medjool dates pitted



0.5 cup caster sugar



1 pound tamarind pulp (with seeds)

### Equipment



bowl



pot

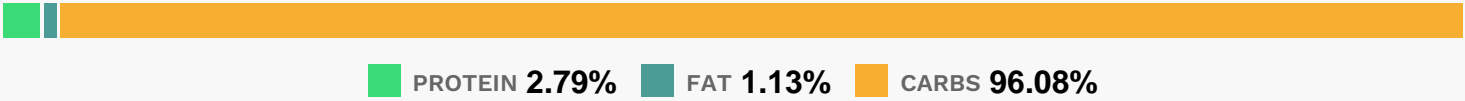


sieve

# Directions

- ☐ Combine tamarind, dates, and 2 1/2 quarts water in a medium pot and bring to a boil; simmer briskly, stirring often and mashing pulp and dates with the back of a spoon until they break down, about 15 minutes.
- ☐ Remove from heat and let steep for 2 hours.
- ☐ Strain mixture through a fine-mesh sieve into a large bowl, pressing on solids to extract as much liquid as possible (you should have about 4 cups).
- ☐ Transfer tamarind mixture to a pitcher. Stir in sugar and 3 cups water. Chill until cold.
- ☐ Fill glasses with ice. Divide agua fresca among glasses.

## Nutrition Facts



## Properties

Glycemic Index:16.89, Glycemic Load:29.88, Inflammation Score:-4, Nutrition Score:7.826521821644%

## Nutrients (% of daily need)

Calories: 333.22kcal (16.66%), Fat: 0.46g (0.71%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 88.37g (29.46%), Net Carbohydrates: 81.86g (29.77%), Sugar: 70.37g (78.19%), Cholesterol: 0mg (0%), Sodium: 16.54mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Fiber: 6.51g (26.04%), Potassium: 732.16mg (20.92%), Magnesium: 81.32mg (20.33%), Vitamin B1: 0.27mg (17.98%), Copper: 0.25mg (12.26%), Iron: 2.08mg (11.55%), Vitamin B3: 1.97mg (9.85%), Phosphorus: 97.55mg (9.75%), Vitamin B6: 0.17mg (8.59%), Manganese: 0.16mg (8.02%), Calcium: 76.64mg (7.66%), Vitamin B2: 0.12mg (7.12%), Vitamin B5: 0.52mg (5.16%), Folate: 16.04µg (4.01%), Vitamin K: 3.05µg (2.9%), Vitamin C: 1.98mg (2.41%), Zinc: 0.3mg (1.97%), Vitamin A: 97.47IU (1.95%), Selenium: 0.81µg (1.16%)