



The Rehydrator



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

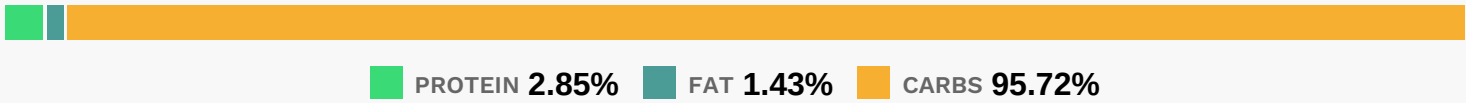
- ☐ 0.8 cup sports drink
- ☐ 0.5 cup cherries pitted
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lime fresh

Equipment

Directions

- ☐ Muddle 1/2 cup pitted cherries and 1 tablespoon honey in a pitcher.
- ☐ Add 3/4 cup aloe vera juice, 1/2 cup unsweetened cranberry juice, and 1/4 cup fresh lime juice and stir to combine.
- ☐ Place 1 cup mixture in a cocktail shaker and fill shaker with ice. Cover and shake until outside of shaker is frosty, about 30 seconds. Strain into two coupe glasses. Repeat with remaining mixture.

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:1.5708695818549%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 48.16kcal (2.41%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.5g (4.55%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 12.42mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 8.71mg (10.56%), Calcium: 37.24mg (3.72%), Vitamin E: 0.42mg (2.83%), Potassium: 83.07mg (2.37%), Magnesium: 8.11mg (2.03%), Vitamin K: 2.07µg (1.97%), Fiber: 0.46g (1.86%), Copper: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.6%), Phosphorus: 10.06mg (1.01%)