



## A Cool Drink

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

BEVERAGE

DRINK

## Ingredients

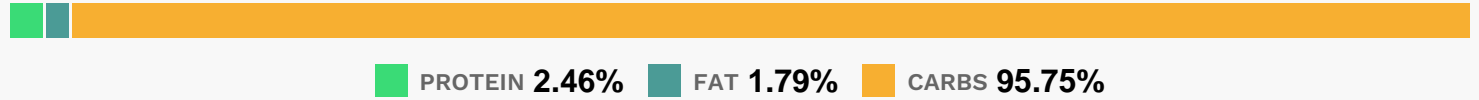
- 0.3 cup grenadine syrup
- 1 cup juice of lime fresh ( 6 limes)
- 4 cups orange juice fresh ( 10 oranges)
- 0.7 cup sugar
- 6 cups water cold

## Equipment

## Directions

- Combine first 6 ingredients in a pitcher, stirring until sugar dissolves. Chill.
- Serve over ice; garnish with lime slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.21, Glycemic Load:19.92, Inflammation Score:-4, Nutrition Score:5.2043477782737%

## Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 14.03mg, Hesperetin: 14.03mg, Hesperetin: 14.03mg, Hesperetin: 14.03mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 123.46kcal (6.17%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 30.69g (11.16%), Sugar: 25.77g (28.64%), Cholesterol: 0mg (0%), Sodium: 10.87mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin C: 56.86mg (68.92%), Folate: 32.18µg (8.05%), Potassium: 229.22mg (6.55%), Vitamin B1: 0.1mg (6.36%), Vitamin A: 210.5IU (4.21%), Copper: 0.08mg (3.8%), Magnesium: 14.59mg (3.65%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.22mg (2.18%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.04mg (2.16%), Phosphorus: 20.57mg (2.06%), Calcium: 19.17mg (1.92%), Iron: 0.23mg (1.28%), Fiber: 0.3g (1.18%)