



Baja-Style Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



6

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup agave syrup
- ☐ 0.8 cup agave syrup as needed
- ☐ 1 tablespoon rosemary leaves fresh coarsely chopped
- ☐ 6 servings ice cubes
- ☐ 1 cup juice of lime freshly squeezed 8 limes
- ☐ 3 cups water

Equipment

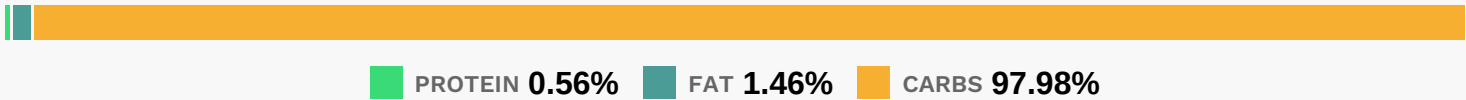
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan bring 1 cup of water, 3/4 cup agave syrup, and rosemary to a boil over medium-high heat.
- ☐ Remove the pan from the heat and cool for 10 minutes. Strain the mixture into a pitcher.
- ☐ Add the lime juice and remaining 2 cups water. Stir and sweeten, to taste, with agave syrup.
- ☐ Serve in glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:5.24, Inflammation Score:-2, Nutrition Score:3.1173913245616%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 152.6kcal (7.63%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 38.18g (13.88%), Sugar: 31.85g (35.39%), Cholesterol: 0mg (0%), Sodium: 11.44mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin C: 19.96mg (24.2%), Vitamin K: 10.55µg (10.05%), Vitamin B6: 0.12mg (6.18%), Vitamin B2: 0.08mg (4.83%), Folate: 18.15µg (4.54%), Vitamin B1: 0.07mg (4.41%), Vitamin E: 0.54mg (3.59%), Copper: 0.04mg (2.2%), Vitamin B3: 0.38mg (1.88%), Potassium: 51.25mg (1.46%), Magnesium: 5.73mg (1.43%), Calcium: 12.39mg (1.24%), Fiber: 0.3g (1.2%), Selenium: 0.82µg (1.17%)