



Basil Limeade



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients



2 dates pitted



1 cup basil leaves fresh



1 cup grapes green seedless



1 cup ice cubes



0.1 lime

Equipment

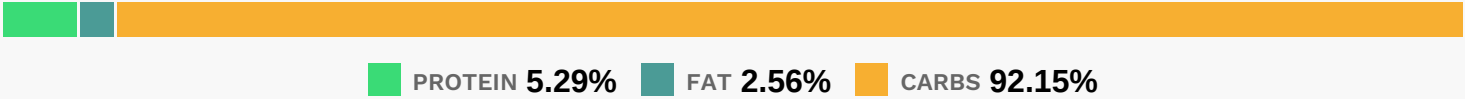


blender

Directions

☐ Place grapes, lime, dates, basil, and ice, respectively, in a blender; blend on high until smooth.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:8.5, Inflammation Score:-5, Nutrition Score:6.2943478817849%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 74.75kcal (3.74%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.8g (6.47%), Sugar: 16.18g (17.97%), Cholesterol: 0.04mg (0.01%), Sodium: 8.09mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin K: 61.01µg (58.11%), Vitamin A: 683.53IU (13.67%), Manganese: 0.21mg (10.49%), Copper: 0.18mg (8.77%), Potassium: 225.69mg (6.45%), Fiber: 1.43g (5.73%), Vitamin C: 4.6mg (5.58%), Vitamin B6: 0.1mg (4.76%), Magnesium: 17.17mg (4.29%), Iron: 0.72mg (4.03%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.07mg (3.92%), Calcium: 35.08mg (3.51%), Folate: 11µg (2.75%), Phosphorus: 26.26mg (2.63%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.24mg (1.62%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.1mg (1.04%)