

## Brazilian Lemonade

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



154 kcal

BEVERAGE

DRINK

### Ingredients

- 4 servings ice cubes
- 2 lime
- 0.5 cup sugar
- 3 tablespoons condensed milk sweetened
- 3 cups water

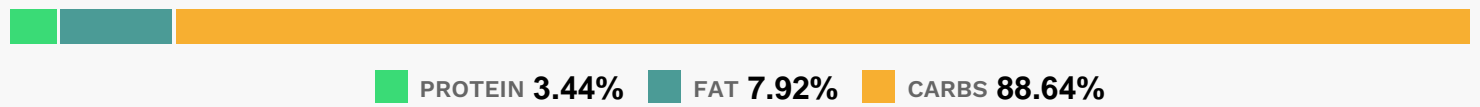
### Equipment

- sieve
- blender

## Directions

- Wash limes thoroughly.
- Cut off the ends and slice into eight wedges.
- Place limes in a blender with the sugar, sweetened condensed milk, water, and ice.
- Blend in an electric blender, pulsing 5 times. Strain through a fine mesh strainer to remove rinds.
- Serve over ice.

## Nutrition Facts



## Properties

Glycemic Index:40.77, Glycemic Load:23.26, Inflammation Score:-1, Nutrition Score:2.3756521927274%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 154.45kcal (7.72%), Fat: 1.45g (2.23%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 35.64g (12.96%), Sugar: 33.68g (37.42%), Cholesterol: 5.1mg (1.7%), Sodium: 31.64mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 10.14mg (12.29%), Calcium: 60.91mg (6.09%), Phosphorus: 43.98mg (4.4%), Vitamin B2: 0.07mg (4.34%), Fiber: 0.94g (3.75%), Selenium: 2.5µg (3.58%), Copper: 0.06mg (3.16%), Potassium: 90.32mg (2.58%), Magnesium: 8.24mg (2.06%), Vitamin B5: 0.19mg (1.85%), Vitamin B1: 0.02mg (1.57%), Zinc: 0.2mg (1.36%), Iron: 0.24mg (1.34%), Vitamin A: 56.8IU (1.14%), Vitamin B6: 0.02mg (1.1%), Vitamin B12: 0.07µg (1.1%), Folate: 4.33µg (1.08%)