

Brown Sugar and Honey Limeade

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup brown sugar
- 0.5 cup honey warmed
- 1.8 cups juice of lime freshly squeezed
- 2 lime sliced
- 10 cups water

Equipment

Directions

- Combine the lime juice and water in a pitcher; mix in the warm honey. Stir the brown sugar into the mixture until dissolved completely.
- Pour over ice and top with a lime slice to serve.

Nutrition Facts

 PROTEIN 1.11%  FAT 0.42%  CARBS 98.47%

Properties

Glycemic Index:7.02, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:1.6882608973462%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 7.97mg, Hesperetin: 7.97mg, Hesperetin: 7.97mg, Hesperetin: 7.97mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 89.95kcal (4.5%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 24.29g (8.83%), Sugar: 21.27g (23.64%), Cholesterol: 0mg (0%), Sodium: 13.92mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 13.91mg (16.86%), Copper: 0.06mg (2.89%), Calcium: 23mg (2.3%), Potassium: 72.22mg (2.06%), Fiber: 0.48g (1.93%), Magnesium: 6.57mg (1.64%), Vitamin B6: 0.03mg (1.27%), Iron: 0.22mg (1.24%), Manganese: 0.02mg (1.22%), Folate: 4.8µg (1.2%)