



Chia Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients



2 tablespoons chia seeds white black



2 cups juice of lime fresh



1.5 cups caster sugar

Equipment

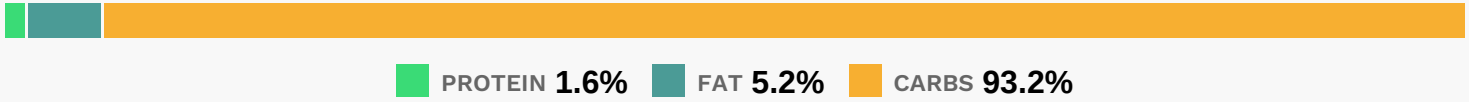


whisk

Directions

- ☐
- Whisk chia seeds and 5 cups water in a pitcher; let sit until seeds soften, about 10 minutes.
- ☐
- Add lime juice and sugar and stir until sugar dissolves.
- ☐
- Add more sugar to taste if sweeter limeade is desired.
- ☐
- Fill glasses with ice; divide limeade among glasses.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-2, Nutrition Score:2.7491304032181%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 174.08kcal (8.7%), Fat: 1.08g (1.67%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 42.43g (15.43%), Sugar: 38.45g (42.72%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 18.2mg (22.06%), Fiber: 1.27g (5.1%), Manganese: 0.09mg (4.7%), Magnesium: 14.89mg (3.72%), Phosphorus: 34.27mg (3.43%), Calcium: 27.77mg (2.78%), Selenium: 1.94µg (2.77%), Potassium: 83.75mg (2.39%), Copper: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.25%), Folate: 7.52µg (1.88%), Vitamin B3: 0.35mg (1.75%), Iron: 0.3mg (1.69%), Zinc: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.15%)