



Cilantro-Jalapeño Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



222 min.

SERVINGS



8

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 1 cup cilantro leaves coarsely chopped
- ☐ 4 cups ice cubes
- ☐ 0.5 cup jalapeno seeded chopped
- ☐ 1.5 cups juice of lime fresh (10 limes)
- ☐ 9 lime wedges divided
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 4.5 cups water

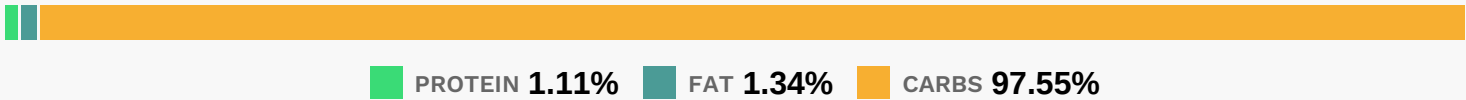
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 3 ingredients in a medium saucepan over medium-high heat; bring to a boil.
- ☐ Remove from heat; stir in cilantro and jalapeo.
- ☐ Let stand 30 minutes.
- ☐ Pour jalapeo mixture into a large bowl; cover and chill at least 3 hours.
- ☐ Combine 2 tablespoons sugar and salt in a shallow dish. Rub rims of 8 glasses with 1 lime wedge. Dip the rims of glasses in sugar mixture.
- ☐ Strain cilantro mixture through a fine sieve over a bowl, discarding solids. Stir in lime juice. Fill each prepared glass with 1/2 cup ice.
- ☐ Add 3/4 cup limeade to each glass.
- ☐ Garnish with remaining 8 lime wedges.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:17.33, Inflammation Score:-3, Nutrition Score:3.885217456714%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 12.78mg, Hesperetin: 12.78mg, Hesperetin: 12.78mg, Hesperetin: 12.78mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 145.87kcal (7.29%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 37.56g (13.66%), Sugar: 32.41g (36.02%), Cholesterol: 0mg (0%), Sodium: 88.41mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 29.05mg (35.22%), Vitamin K: 10.73µg (10.22%), Vitamin A: 228.41IU (4.57%), Vitamin B6: 0.08mg (4.23%), Fiber: 0.99g (3.96%), Copper: 0.08mg (3.78%), Vitamin E: 0.53mg (3.54%), Folate: 13.04µg (3.26%), Potassium: 99.11mg (2.83%), Vitamin B2: 0.04mg (2.64%), Vitamin B1: 0.04mg (2.52%), Calcium: 22.99mg (2.3%), Magnesium: 8.86mg (2.22%), Vitamin B3: 0.29mg (1.47%), Iron: 0.24mg (1.31%), Vitamin B5: 0.13mg (1.29%), Manganese: 0.03mg (1.28%), Phosphorus: 12.56mg (1.26%)