



Cilantro Lime Jalapeño Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 4 servings ice cubes
- ☐ 1 jalapeno thinly sliced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 lime sliced
- ☐ 6 tablespoons sugar
- ☐ 4 cups water

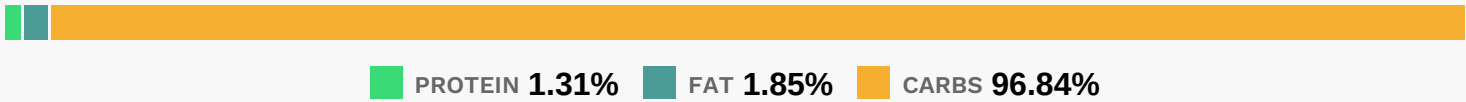
Equipment

☐ mortar and pestle

Directions

- ☐ Start with fresh lemon juice in a pitcher.
- ☐ Combine sugar and cilantro sprigs in a mortar; grind leaves with pestle.
- ☐ Add the cilantro mixture and water to pitcher with lemon juice, stirring until sugar dissolves.
- ☐ Add sliced lime and jalapeo pepper.
- ☐ Let stand 30 minutes before serving over ice.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:2.6595652038636%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 11.62mg, Hesperetin: 11.62mg, Hesperetin: 11.62mg, Hesperetin: 11.62mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 82.51kcal (4.13%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 21.38g (7.77%), Sugar: 19.18g (21.31%), Cholesterol: 0mg (0%), Sodium: 16.47mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 21.37mg (25.9%), Vitamin K: 6.95µg (6.62%), Vitamin A: 182.9IU (3.66%), Copper: 0.07mg (3.5%), Fiber: 0.71g (2.86%), Folate: 9.63µg (2.41%), Potassium: 67.96mg (1.94%), Vitamin B6: 0.04mg (1.94%), Calcium: 18.08mg (1.81%), Vitamin E: 0.26mg (1.72%), Magnesium: 6.81mg (1.7%), Vitamin B1: 0.02mg (1.01%)