



Citrus Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

BEVERAGE

DRINK

Ingredients



3 lemons



1 lime



5 oranges



8 servings seltzer chilled



2 cups sugar



2 cups water

Equipment



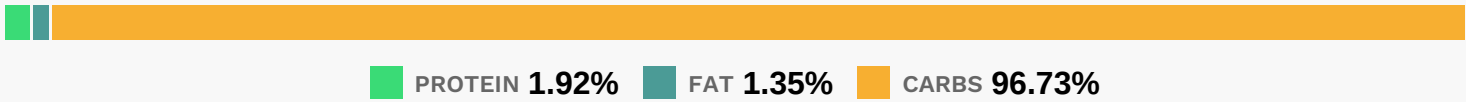
sauce pan

knife

Directions

- In a saucepan stir sugar into 2 cups water. Bring to a boil, stirring until sugar dissolves. Using a sharp knife, cut peel away from oranges, lemons and lime, taking care not to include bitter white pith.
- Add peels to syrup. Squeeze fruits; add juice to syrup.
- Let cool, cover and steep for 8 hours. Strain mixture into a pitcher.
- Add ice to 8 glasses. Fill glasses halfway with syrup and top with chilled seltzer.

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:39.06, Inflammation Score:-5, Nutrition Score:6.5769563960316%

Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 37.21mg, Hesperetin: 37.21mg, Hesperetin: 37.21mg, Hesperetin: 37.21mg Naringenin: 13.05mg, Naringenin: 13.05mg, Naringenin: 13.05mg, Naringenin: 13.05mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 245.24kcal (12.26%), Fat: 0.4g (0.61%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 60.78g (22.1%), Sugar: 58.71g (65.23%), Cholesterol: 0mg (0%), Sodium: 4.64mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin C: 67.46mg (81.77%), Fiber: 3.33g (13.33%), Folate: 29.69µg (7.42%), Potassium: 213.65mg (6.1%), Vitamin B1: 0.09mg (6%), Calcium: 48.37mg (4.84%), Vitamin B6: 0.09mg (4.26%), Vitamin A: 197.32IU (3.95%), Copper: 0.07mg (3.51%), Magnesium: 12.53mg (3.13%), Vitamin B2: 0.05mg (3.06%), Vitamin B5: 0.3mg (3%), Iron: 0.4mg (2.22%), Phosphorus: 19.45mg (1.95%), Manganese: 0.04mg (1.76%), Vitamin E: 0.23mg (1.51%), Vitamin B3: 0.29mg (1.44%), Selenium: 0.9µg (1.29%)