



Citrus Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



149 kcal

SIDE DISH

Ingredients

- 2 tablespoons juice of lemon
- 2 tablespoons juice of lime
- 0.3 cup orange juice
- 0.3 cup sugar
- 1.3 cups water

Equipment

- sauce pan

Directions

- In a small saucepan, combine all the ingredients. Bring to a boil. Reduce heat; cook and stir over medium heat until sugar is dissolved, about 2 minutes. Cool.
- Pour into a 13-in. x 9-in. dish; cover and freeze for 45 minutes or until edges begin to firm. Stir and return to the freezer. Repeat every 20 minutes or until slushy, about 1 hour.

Nutrition Facts

PROTEIN 0.84% **FAT 1.22%** **CARBS 97.94%**

Properties

Glycemic Index:61.05, Glycemic Load:24.91, Inflammation Score:-2, Nutrition Score:2.3691304594926%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 7.22mg, Hesperetin: 7.22mg, Hesperetin: 7.22mg, Hesperetin: 7.22mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 149.33kcal (7.47%), Fat: 0.22g (0.33%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 38.56g (14.02%), Sugar: 36.5g (40.56%), Cholesterol: 0mg (0%), Sodium: 8.49mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 25.81mg (31.28%), Folate: 13.8µg (3.45%), Potassium: 95.67mg (2.73%), Vitamin B1: 0.04mg (2.35%), Copper: 0.05mg (2.3%), Magnesium: 6.99mg (1.75%), Vitamin A: 70.4IU (1.41%), Vitamin B6: 0.03mg (1.25%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.18mg (1.12%)