

## Citrus Quencher

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



142 kcal

BEVERAGE

DRINK

### Ingredients



- 2 cups seltzer water chilled
- 1 cup juice of lemon
- 1 slices lime
- 1 cup juice of lime
- 64 ounces orange juice
- 1 cup sugar

### Equipment

## Directions

- In a large pitcher or container, combine the lemon juice, lime juice and sugar; stir until dissolved. Stir in orange juice. Refrigerate until serving.
- Add soda and ice cubes.
- Garnish with lime if desired.

## Nutrition Facts

 **PROTEIN 3.24%**  **FAT 2.51%**  **CARBS 94.25%**

## Properties

Glycemic Index:12.84, Glycemic Load:19.67, Inflammation Score:-6, Nutrition Score:7.5939130381398%

## Flavonoids

Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg Hesperetin: 23.07mg, Hesperetin: 23.07mg, Hesperetin: 23.07mg, Hesperetin: 23.07mg Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 141.9kcal (7.09%), Fat: 0.42g (0.65%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 35.03g (12.74%), Sugar: 30.2g (33.55%), Cholesterol: 0mg (0%), Sodium: 10.58mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin C: 89.69mg (108.71%), Folate: 51.49µg (12.87%), Potassium: 348.65mg (9.96%), Vitamin B1: 0.15mg (9.74%), Vitamin A: 313.99IU (6.28%), Magnesium: 19.89mg (4.97%), Copper: 0.08mg (3.96%), Vitamin B6: 0.08mg (3.89%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.65mg (3.27%), Vitamin B2: 0.05mg (3.22%), Phosphorus: 30.26mg (3.03%), Calcium: 23.01mg (2.3%), Iron: 0.35mg (1.96%), Fiber: 0.46g (1.84%), Manganese: 0.03mg (1.42%)