



Citrusade with Lemon, Lime, and Grapefruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 cup grapefruit juice fresh 3 grapefruit
- ☐ 2.5 cups ice water
- ☐ 0.3 cup juice of lemon fresh 2 lemons
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons juice of lime fresh 1 lime
- ☐ 0.7 cup sugar
- ☐ 0.8 cup water

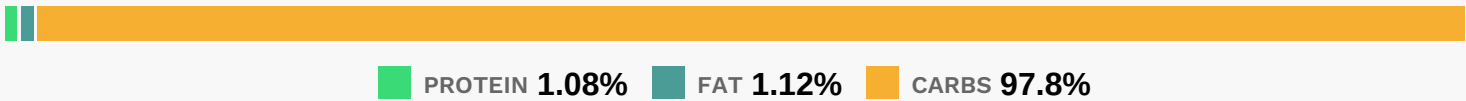
Equipment

☐ sauce pan

Directions

- ☐ Combine 3/4 cup water and sugar in a saucepan over medium-high heat; cook until sugar dissolves, stirring frequently. Cool. Stir in grapefruit juice, lemon rind, lemon juice, 2 1/2 cups ice water, and lime juice.
- ☐ Garnish with lemon slices, lime slices, and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:23.62, Glycemic Load:21.11, Inflammation Score:-1, Nutrition Score:1.7782608626167%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 129.13kcal (6.46%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 33.1g (12.04%), Sugar: 32.26g (35.85%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 20.77mg (25.17%), Potassium: 98.5mg (2.81%), Magnesium: 7.65mg (1.91%), Copper: 0.03mg (1.56%), Iron: 0.23mg (1.26%), Calcium: 11.84mg (1.18%), Folate: 4.14µg (1.03%)