



## Cranberry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



62 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened sweetened (if you use cranberry juice, reduce the amount of sugar in the recipe a little bit)
- ☐ 2 servings ice cubes
- ☐ 1 cup juice of lime juicy freshly squeezed ( 4-8 limes, depending on how they are)
- ☐ 2 servings simple syrup made with 1 cup sugar, 1 cup water
- ☐ 1.5 cups an additional water

## Equipment

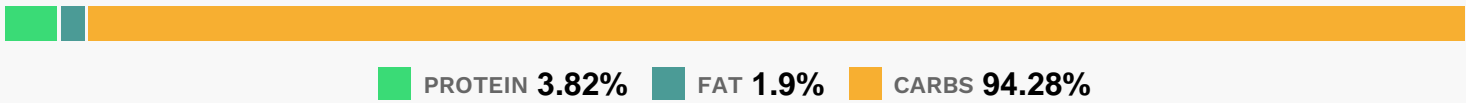
- ☐ sauce pan

☐ sieve

## Directions

- ☐ Heat 1 cup of sugar and 1 cup of water in a small saucepan; bring to a boil so that the sugar is completely dissolved, and remove from heat. If you want an added zing to your limeade, zest a couple of the limes before juicing and add the zest to the sugar water while it's heating. Once the syrup has cooled, strain out the zest with a fine mesh strainer before using.2 While your simple syrup is cooling, juice the limes. 3
- ☐ Add lime juice, cranberry juice, 1 1/2 cups of cold water, the simple syrup, and a few ice cubes to a serving pitcher. Depending on when and how the limeade is to be served, and how strong you want it, you can add more ice and water. For example, if you want to serve it right away, and it is still a bit warm from the hot simple syrup, add lots of ice. If it has had a chance to cool down and chill in the refrigerator, but is still too strong, add a bit more water until the strength is to your preference.If the cranberry limeade is too sweet for your taste, add some more lime juice and water until you reach your desired level of sweetness, and use less sugar the next time you make it.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:4.29, Inflammation Score:-3, Nutrition Score:4.5256522181241%

## Flavonoids

Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 62.03kcal (3.1%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.09g (6.58%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 15.94mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 42.18mg (51.13%), Vitamin E: 1.03mg (6.83%), Potassium: 190.9mg (5.45%), Copper: 0.1mg (5.25%), Magnesium: 15.91mg (3.98%), Vitamin B6: 0.08mg (3.94%), Vitamin K: 3.95µg (3.76%), Folate: 12.73µg (3.18%), Calcium: 29.13mg (2.91%), Phosphorus: 25.24mg (2.52%), Vitamin B1: 0.04mg (2.48%), Fiber: 0.55g (2.19%), Vitamin A: 88.96IU (1.78%), Vitamin B2: 0.03mg (1.77%), Iron: 0.3mg (1.68%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.23mg (1.15%), Manganese: 0.02mg (1.09%)