



## Cucumber-Ginger Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 slices cucumber
- ☐ 1.5 cups cucumber peeled seeded coarsely chopped
- ☐ 4 servings ice cubes
- ☐ 4 servings lime
- ☐ 1 cup juice of lime fresh
- ☐ 1.5 cups water

### Equipment

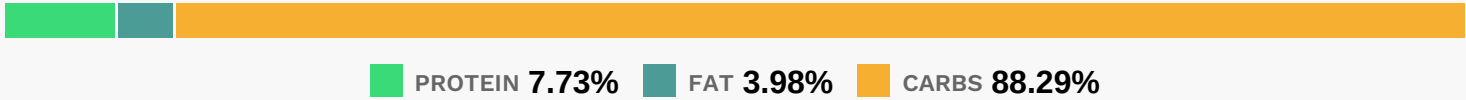
- ☐ food processor

☐ blender

## Directions

- ☐ Process cucumbers and water in a blender or food processor 15 to 20 seconds or until smooth.
- ☐ Transfer to a pitcher, and stir in Ginger-Lime Syrup and lime juice.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.0086956367545%

## Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 23.42kcal (1.17%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.14g (2.23%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 9.62mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 21.84mg (26.47%), Potassium: 148.13mg (4.23%), Copper: 0.08mg (4.03%), Vitamin K: 4.12µg (3.93%), Folate: 13.84µg (3.46%), Magnesium: 12.9mg (3.23%), Fiber: 0.8g (3.2%), Vitamin B6: 0.05mg (2.62%), Manganese: 0.05mg (2.46%), Calcium: 22.35mg (2.23%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.21mg (2.14%), Phosphorus: 20.57mg (2.06%), Vitamin A: 70.92IU (1.42%), Vitamin B2: 0.02mg (1.38%), Iron: 0.21mg (1.17%), Vitamin E: 0.16mg (1.09%), Zinc: 0.16mg (1.06%)