



## Fresh Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



15

CALORIES



109 kcal

BEVERAGE

DRINK

## Ingredients



1 slices lime fresh



1.5 cups juice of lime fresh ( 6 to 8 large limes)



2 cups sugar



2 cups water



5 cups water cold

## Equipment

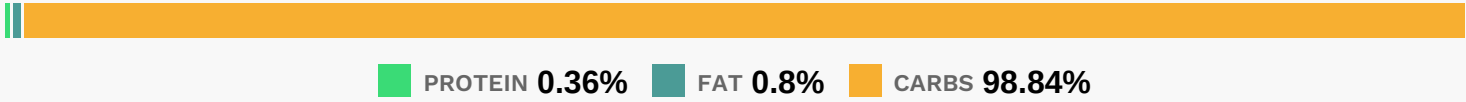


sauce pan

# Directions

- ☐ Stir together sugar and 2 cups water in a medium saucepan; bring to a boil, and cook, stirring constantly, 5 minutes or until sugar mixture reaches syrup consistency.
- ☐ Remove from heat; cool.
- ☐ Stir in juice and 5 cups cold water.
- ☐ Serve over ice.
- ☐ Garnish, if desired.
- ☐ \*1 1/2 cups fresh lemon juice (about 6 to 8 lemons) may be substituted.
- ☐ Garnish with lemon slices, if desired.

# Nutrition Facts



# Properties

Glycemic Index:6.81, Glycemic Load:18.63, Inflammation Score:-1, Nutrition Score:0.76565217583076%

# Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 108.86kcal (5.44%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.01%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 28.54g (10.38%), Sugar: 27.03g (30.03%), Cholesterol: 0mg (0%), Sodium: 6.28mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 7.4mg (8.96%), Copper: 0.03mg (1.32%)