



Gina's Pucker-Up Lemon Limeade



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons crystallized ginger finely chopped
- ☐ 0.5 cup honey
- ☐ 10 servings ice cubes crushed
- ☐ 1 optional: lemon thinly sliced for garnish
- ☐ 1.5 cups juice of lemon freshly squeezed from 10 lemons
- ☐ 1 lime thinly sliced for garnish
- ☐ 1.5 cups juice of lime freshly squeezed from 15 limes
- ☐ 1 cup caster sugar

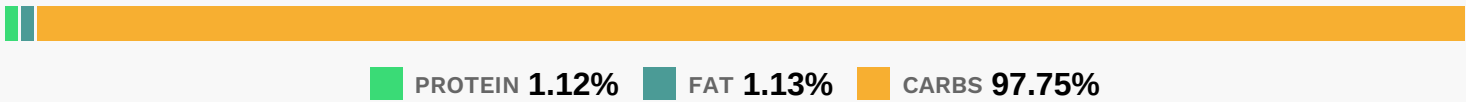
☐ 4 cups water cold

Equipment

Directions

- ☐ In a large pitcher combine all the ingredients and mix until the sugar has dissolved.
- ☐ Pour into tall glasses and garnish with a slice of lemon and a slice of lime.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:21.59, Inflammation Score:-2, Nutrition Score:3.0339130551919%

Flavonoids

Eriodictyol: 4.89mg, Eriodictyol: 4.89mg, Eriodictyol: 4.89mg, Eriodictyol: 4.89mg Hesperetin: 14.45mg, Hesperetin: 14.45mg, Hesperetin: 14.45mg, Hesperetin: 14.45mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 160.43kcal (8.02%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 42.76g (15.55%), Sugar: 38.07g (42.3%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 32.81mg (39.77%), Folate: 13.01µg (3.25%), Potassium: 111.12mg (3.17%), Fiber: 0.78g (3.12%), Copper: 0.05mg (2.34%), Vitamin B6: 0.05mg (2.31%), Magnesium: 7.66mg (1.92%), Calcium: 16.38mg (1.64%), Vitamin B1: 0.02mg (1.61%), Manganese: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.14mg (1.39%), Iron: 0.25mg (1.38%), Phosphorus: 11.62mg (1.16%), Vitamin E: 0.17mg (1.1%)