

Ginger Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons ginger fresh peeled chopped
- 1.3 cups juice of lime fresh (6 limes)
- 3 tablespoons lime rind grated
- 10 mint leaves
- 0.5 cup sugar
- 6 cups water cold divided

Equipment

- blender

Directions

- Combine 1/4 cup water, sugar, ginger, rind, and mint leaves in a blender, and process until well blended. Cover; chill for 2 hours.
- Add remaining 5 3/4 cups water and juice; stir to combine.
- Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:17.69, Inflammation Score:-3, Nutrition Score:3.0739130766495%

Flavonoids

Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg Hesperetin: 8.97mg, Hesperetin: 8.97mg, Hesperetin: 8.97mg, Hesperetin: 8.97mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 122.46kcal (6.12%), Fat: 0.2g (0.32%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 32.31g (11.75%), Sugar: 26.39g (29.33%), Cholesterol: 0mg (0%), Sodium: 21.05mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 25.05mg (30.37%), Copper: 0.1mg (5.1%), Potassium: 129.58mg (3.7%), Magnesium: 14.13mg (3.53%), Calcium: 29.88mg (2.99%), Vitamin A: 146.26IU (2.93%), Fiber: 0.73g (2.93%), Folate: 11.35µg (2.84%), Manganese: 0.06mg (2.82%), Vitamin B6: 0.04mg (2.11%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 15.01mg (1.5%), Vitamin B2: 0.03mg (1.5%), Iron: 0.27mg (1.48%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.12mg (1.22%)