

## Gingery Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 teaspoons ginger fresh grated peeled
- 0.8 cup juice of lime fresh ( 4 limes)
- 1.5 teaspoons lime rind grated
- 0.8 cup sugar
- 0.3 cup water boiling
- 2.5 cups water cold

### Equipment

- bowl

whisk

sieve

## Directions

Combine first 4 ingredients in a small bowl, stirring with a whisk until sugar dissolves. Strain mixture through a sieve into a pitcher.

Add juice and 2 1/2 cups cold water. Chill completely.

Serve with lime slices, if desired.

## Nutrition Facts

**PROTEIN 0.5%** **FAT 0.85%** **CARBS 98.65%**

## Properties

Glycemic Index:29.27, Glycemic Load:26.22, Inflammation Score:-1, Nutrition Score:1.4173912807651%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 156.54kcal (7.83%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 41.17g (14.97%), Sugar: 38.22g (42.46%), Cholesterol: 0mg (0%), Sodium: 9.53mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 13.87mg (16.81%), Copper: 0.04mg (2.15%), Potassium: 57.72mg (1.65%), Magnesium: 5.62mg (1.41%), Calcium: 11.97mg (1.2%), Folate: 4.68µg (1.17%)