



Grapefruit-Lime Coolers



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

BEVERAGE

DRINK

Ingredients



6 cups ruby grapefruit juice red



3 tablespoon honey



1.5 cups juice of lime



1 cup sugar

Equipment



bowl

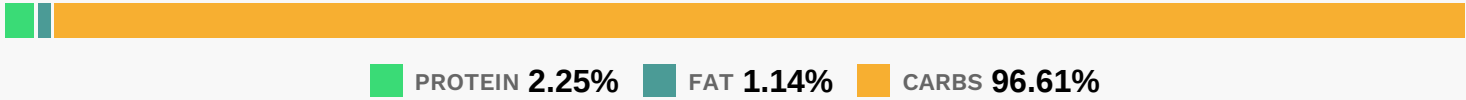


microwave

Directions

- ☐ Place 3 Tbsp. honey in a microwave–safe bowl and microwave until warm.
- ☐ Combine 1 1/2 cups lime juice, 1 cup sugar and warm honey in a pitcher. Stir to dissolve sugar. Stir in 6 cups ruby red grapefruit juice. Refrigerate until chilled.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:30.18, Inflammation Score:-3, Nutrition Score:5.0134783361269%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 212.95kcal (10.65%), Fat: 0.29g (0.44%), Saturated Fat: 0g (0.02%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 54.48g (19.81%), Sugar: 51.65g (57.39%), Cholesterol: 0mg (0%), Sodium: 5.01mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin C: 61.26mg (74.26%), Potassium: 344.42mg (9.84%), Magnesium: 21.49mg (5.37%), Iron: 0.79mg (4.41%), Vitamin B3: 0.61mg (3.02%), Phosphorus: 26.14mg (2.61%), Vitamin B5: 0.24mg (2.38%), Calcium: 21.24mg (2.12%), Folate: 8.23µg (2.06%), Zinc: 0.23mg (1.55%), Fiber: 0.37g (1.5%)