



Homemade Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

BEVERAGE

DRINK

Ingredients

- 1 slices garnish: lime
- 1.5 cups juice of lime fresh
- 2 teaspoons lime rind grated
- 1.5 cups sugar
- 0.5 cup water boiling
- 5 cups water cold

Equipment

Directions

- Stir together sugar and 1/2 cup boiling water until sugar dissolves.
- Stir in lime rind, lime juice, and 5 cups cold water. Chill 8 hours.
- Garnish, if desired.

Nutrition Facts

PROTEIN 0.48% **FAT 0.83%** **CARBS 98.69%**

Properties

Glycemic Index:16.76, Glycemic Load:26.21, Inflammation Score:-1, Nutrition Score:1.4095652038636%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 156.13kcal (7.81%), Fat: 0.15g (0.24%), Saturated Fat: 0g (0.02%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 41.09g (14.94%), Sugar: 38.22g (42.46%), Cholesterol: 0mg (0%), Sodium: 9.44mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 14.01mg (16.99%), Copper: 0.04mg (2.09%), Potassium: 55.24mg (1.58%), Magnesium: 5.34mg (1.33%), Calcium: 12.06mg (1.21%), Folate: 4.65µg (1.16%)