



## Honey Limeade

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup honey (see notes)
- 2 cups ice cubes
- 1 lime rinsed
- 1 cup juice of lime

### Equipment

### Directions

- In a pitcher (at least 2-qt. capacity), stir lime juice and 1/4 cup honey until blended. Taste; if mixture is too tart, add up to 1/4 cup more honey.
- Add 5 cups water. Chill until cold, at least 1 hour, or up to 1 day.
- Just before serving, add ice cubes. Thinly slice lime crosswise (discard ends), cut slices in half, and add to pitcher.

## Nutrition Facts

■ PROTEIN **1.75%**
■ FAT **0.68%**
■ CARBS **97.57%**

### Properties

Glycemic Index:10.53, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:1.2221739350454%

### Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg, Hesperetin: 6.31mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

### Nutrients (% of daily need)

Calories: 42.28kcal (2.11%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 11.78g (4.28%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 4.15mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 11.57mg (14.02%), Fiber: 0.38g (1.51%), Potassium: 49.44mg (1.41%), Copper: 0.03mg (1.34%)