



Key West Minted Limeade

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- 4 mint leaves fresh
- 1 cup ginger ale chilled
- 0.5 cup ice cubes
- 2 slices lime
- 0.3 cup juice of lime fresh
- 2 servings mint sprigs
- 0.3 cup sugar

Equipment

blender

Directions

Combine first 3 ingredients in a blender; process until smooth. With blender on, add ice cubes, 1 at a time; process until smooth. Stir in ale.

Serve over ice; garnish with lime and mint.

Serve immediately.

Nutrition Facts

PROTEIN 0.63% **FAT 0.76%** **CARBS 98.61%**

Properties

Glycemic Index:82.55, Glycemic Load:23.99, Inflammation Score:-2, Nutrition Score:1.6217391257701%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 146.33kcal (7.32%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 37.95g (13.8%), Sugar: 35.98g (39.98%), Cholesterol: 0mg (0%), Sodium: 13.02mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 10.32mg (12.51%), Vitamin A: 143.07IU (2.86%), Manganese: 0.06mg (2.86%), Copper: 0.05mg (2.56%), Iron: 0.41mg (2.28%), Calcium: 17.42mg (1.74%), Magnesium: 6.65mg (1.66%), Folate: 6.53µg (1.63%), Potassium: 55.16mg (1.58%), Fiber: 0.39g (1.56%), Vitamin B2: 0.02mg (1.03%)