



Lemongrass-Lime Leaf



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



5 kcal

SIDE DISH

Ingredients

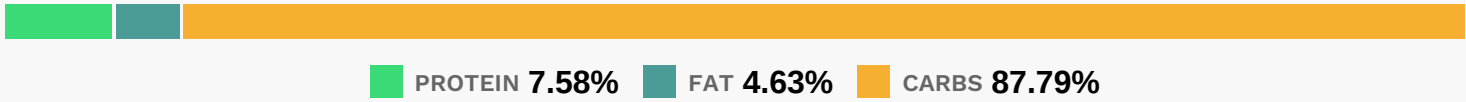
- ☐ 20 kaffir lime leaves
- ☐ 0.3 cup lemon zest (from 6 lemons)
- ☐ 2 stalks lemon grass roughly chopped
- ☐ 0.3 cup lime zest (from 8 limes)
- ☐ 6 cups seltzer water divided

Equipment

Directions

- ☐ Combine citrus zest, lime leaves, lemongrass, and 2 cups water in a small saucepan. Bring to a boil, reduce heat, and simmer for 5 minutes. Strain lemongrass mixture into a jar and chill. Fill a 12 ounce glass with ice cubes.
- ☐ Add 2 tablespoons lemongrass mixture and 1 tablespoon simple syrup. Top with soda water (about 1/2 cup) and stir to combine. Repeat to make 11 more sodas.
- ☐ calories 8 g sugar
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 2.67, Glycemic Load: 0.05, Inflammation Score: -1, Nutrition Score: 0.86173913409205%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 4.59kcal (0.23%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1g (0.36%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 25.15mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Manganese: 0.13mg (6.6%), Vitamin C: 3.23mg (3.91%), Iron: 0.24mg (1.36%), Zinc: 0.18mg (1.21%), Calcium: 10.88mg (1.09%), Fiber: 0.27g (1.07%)