

## Lime Cordial



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

## Ingredients



10 servings club soda dark (not )



1 cup strained lime juice fresh (from 8 large limes)



2 cups sugar



6.5 cups water

## Equipment

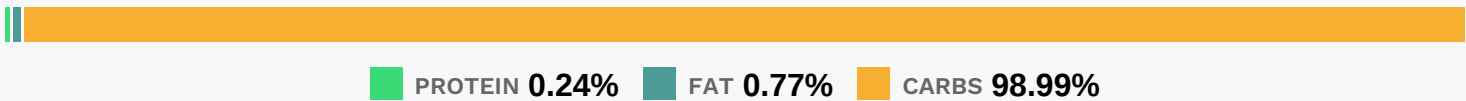


sauce pan

# Directions

- ☐ Heat water and sugar in a 2-quart saucepan over moderate heat, stirring, until sugar is dissolved, then cool to room temperature.
- ☐ Stir in lime juice and chill, covered, until cold, about 3 1/2 hours.
- ☐ Pour about 3/4 cup lime cordial in a tall glass filled with ice and top off with beer or club soda.
- ☐ Lime cordial, without beer or club soda, keeps, covered and chilled, 5 days.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:-1, Nutrition Score:0.79478262170501%

## Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 160.05kcal (8%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.01%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 41.78g (15.19%), Sugar: 40.33g (44.81%), Cholesterol: 0mg (0%), Sodium: 8.78mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 7.26mg (8.8%), Copper: 0.03mg (1.7%)