



Lime Ice Cubes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



6 kcal

SIDE DISH

Ingredients



0.3 cup juice of lime fresh



2 medium lime



1 qt water cold

Equipment

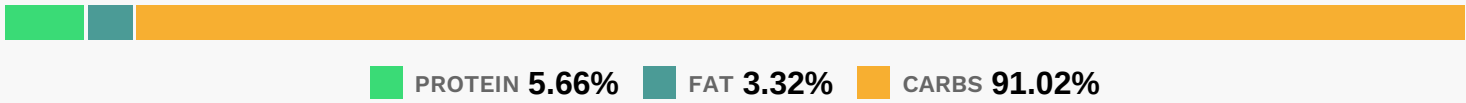
Directions



Cut each lime into 1/4-inch-thick slices; cut each slice into 4 wedges.

- ☐
- Stir together 1 qt. cold water and 1/4 cup lime juice. Fill each compartment of 3 ice cube trays evenly with lime juice mixture.
- ☐
- Place 1 lime wedge in each ice cube compartment. Freeze 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.67391303505587%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 5.53kcal (0.28%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 5.12mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 5.71mg (6.93%), Fiber: 0.4g (1.6%), Copper: 0.03mg (1.27%)