

Limeade for Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- 4 cups water
- 2.5 cups juice of lime fresh (from 25 limes)
- 0.5 cup caster sugar

Equipment

Directions

- Combine water, lime juice, and sugar in a large pitcher.

Nutrition Facts

PROTEIN 1.64% FAT 1.08% CARBS 97.28%

Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:0, Nutrition Score:2.8139129708643%

Flavonoids

Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 89.38kcal (4.47%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 24.69g (8.98%), Sugar: 18.34g (20.37%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 30.25mg (36.67%), Potassium: 118.31mg (3.38%), Copper: 0.05mg (2.68%), Folate: 10.08µg (2.52%), Magnesium: 9.64mg (2.41%), Vitamin B6: 0.04mg (1.92%), Calcium: 19.02mg (1.9%), Vitamin B1: 0.03mg (1.68%), Fiber: 0.4g (1.61%), Vitamin E: 0.22mg (1.48%), Phosphorus: 14.12mg (1.41%), Vitamin B5: 0.12mg (1.24%), Vitamin B2: 0.02mg (1.08%), Vitamin A: 50.42IU (1.01%)