

Limeade with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



320 kcal

BEVERAGE

DRINK

Ingredients



1 Tbsp lime zest grated



1 cup juice of lime (from 4–6 Persian limes)



0.8 cup granulated sugar



3 cups water



1 sprigs several of mint fresh

Equipment



bowl



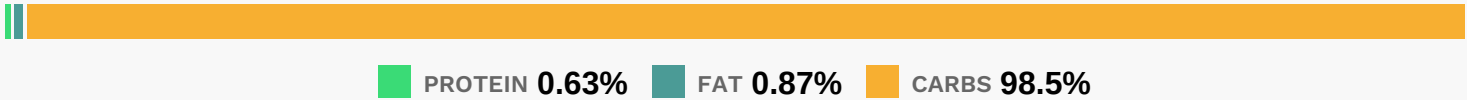
sauce pan

☐ sieve

Directions

- ☐ Make simple syrup: In a small saucepan bring to a boil the sugar, one cup of water, and the lime zest. Once the sugar is dissolved (which it should be by the time the water boils), remove from heat and let cool for for a few minutes.
- ☐ The amount of sugar is a guideline, it depends on how sweet you like your limeade and how tart your particular limes are.
- ☐ Strain out lime zest:
- ☐ Place a strainer over a bowl, or wide-mouthed serving container, and pour the sugar syrup through it, straining out the lime zest.
- ☐ Add the lime juice and 2 cups of water. Taste for sour/sweet balance. If too sweet, add a little more lime juice.
- ☐ Add several sprigs of fresh mint.
- ☐ Chill, or serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:52.43, Inflammation Score:-2, Nutrition Score:3.738260872986%

Flavonoids

Eriodictyol: 2.8mg, Eriodictyol: 2.8mg, Eriodictyol: 2.8mg, Eriodictyol: 2.8mg Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 320.25kcal (16.01%), Fat: 0.34g (0.52%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 85.28g (28.43%), Net Carbohydrates: 84.67g (30.79%), Sugar: 76.95g (85.5%), Cholesterol: 0mg (0%), Sodium: 21.13mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 37.33mg (45.25%), Copper: 0.1mg (4.91%), Potassium: 148.98mg (4.26%), Magnesium: 13.81mg (3.45%), Folate: 12.91µg (3.23%), Calcium: 30.54mg (3.05%), Fiber: 0.61g (2.43%), Vitamin B6: 0.05mg (2.4%), Vitamin B1: 0.03mg (2.1%), Vitamin B2: 0.03mg (2.02%),

Vitamin E: 0.27mg (1.82%), Phosphorus: 17.84mg (1.78%), Vitamin A: 83.24IU (1.66%), Vitamin B5: 0.16mg (1.57%),
Manganese: 0.03mg (1.54%), Iron: 0.19mg (1.05%)