

Mint Limeade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients



1 serving seltzer water chilled



2 ounces honey



1.5 ounces juice of lime



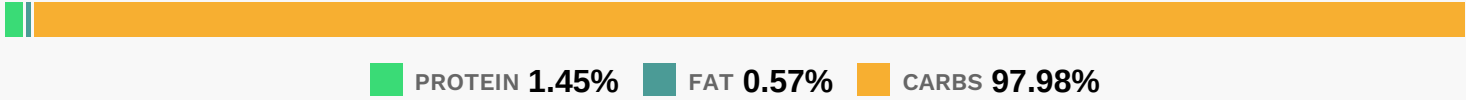
0.3 cup mint leaves

Equipment

Directions

- ☐
- In 12-ounce glass, muddle mint and simple syrup for about 8 seconds.
- ☐
- Add ice and lime juice, then fill with club soda. Stir well and serve.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:24.36, Inflammation Score:-4, Nutrition Score:3.6047826143711%

Flavonoids

Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 190.87kcal (9.54%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 50.79g (18.47%), Sugar: 47.27g (52.52%), Cholesterol: 0mg (0%), Sodium: 6.82mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 16.62mg (20.14%), Vitamin A: 499.16IU (9.98%), Manganese: 0.19mg (9.27%), Fiber: 1.18g (4.73%), Iron: 0.85mg (4.71%), Folate: 18.21µg (4.55%), Potassium: 143.27mg (4.09%), Calcium: 36.74mg (3.67%), Copper: 0.07mg (3.45%), Vitamin B2: 0.06mg (3.4%), Magnesium: 13.55mg (3.39%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.28mg (1.9%), Phosphorus: 16.43mg (1.64%), Vitamin B3: 0.32mg (1.6%), Vitamin B1: 0.02mg (1.32%), Vitamin B5: 0.13mg (1.29%)