



Mint Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup mint leaves fresh coarsely chopped
- 1 cup juice of lime fresh (12 limes)
- 1.8 cups sugar
- 6 cups water divided

Equipment

- bowl
- sauce pan
- sieve

Directions

- Combine 2 cups water, sugar, and chopped mint in a small saucepan; bring to a boil. Cook until sugar dissolves, stirring frequently.
- Remove from heat; let stand 10 minutes. Strain through a sieve into a bowl; discard solids.
- Combine the remaining 4 cups water, sugar syrup, and lime juice in a large pitcher, stirring well.
- Serve over ice; garnish with mint sprigs and lime slices, if desired.

Nutrition Facts

PROTEIN 0.42% **FAT 0.86%** **CARBS 98.72%**

Properties

Glycemic Index:7.01, Glycemic Load:24.43, Inflammation Score:-1, Nutrition Score:1.0426086984251%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 141.85kcal (7.09%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 36.9g (13.42%), Sugar: 35.34g (39.27%), Cholesterol: 0mg (0%), Sodium: 8.4mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 7.74mg (9.38%), Copper: 0.04mg (1.83%), Vitamin A: 75.82IU (1.52%), Manganese: 0.02mg (1.17%), Calcium: 11.64mg (1.16%), Magnesium: 4.56mg (1.14%), Potassium: 37.55mg (1.07%), Folate: 4.13µg (1.03%)