



Quick Brazilian Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons cream of coconut
- ☐ 4 limes
- ☐ 6 cups water cold
- ☐ 1 cup sugar white

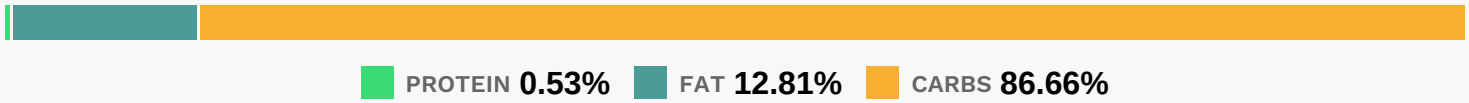
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Stir water and sugar together in a bowl until sugar dissolves; chill in refrigerator.
- ☐ Cut ends off of each lime and cut each lime into 8 segments.
- ☐ Working in batches, pulse sugar–water and lime wedges together in a blender several times.
- ☐ Pour mixture through a strainer into a pitcher.
- ☐ Stir cream of coconut into lime mixture.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:24.37, Inflammation Score:-1, Nutrition Score:1.8113043722899%

Flavonoids

Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 224kcal (11.2%), Fat: 3.36g (5.17%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 51.19g (17.06%), Net Carbohydrates: 49.31g (17.93%), Sugar: 46.69g (51.88%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin C: 13mg (15.76%), Fiber: 1.88g (7.53%), Copper: 0.07mg (3.46%), Calcium: 22.17mg (2.22%), Iron: 0.28mg (1.58%), Potassium: 46.23mg (1.32%), Magnesium: 5.05mg (1.26%)