



Strawberry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients



5 cubes ice cubes



0.5 cup juice of lime



1.5 cups strawberries frozen sliced



2 cups water cold



0.3 cup sugar white

Equipment

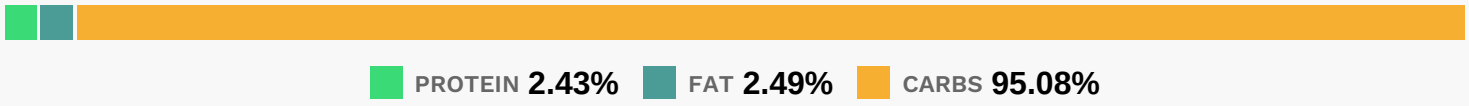


blender

Directions

 Place lime juice, cold water, sugar, and strawberries in blender and blend on high until smooth. While blender is running, add ice cubes one at a time.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:6.64, Inflammation Score:-2, Nutrition Score:2.7200000791446%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 48.65kcal (2.43%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 11.96g (4.35%), Sugar: 10.42g (11.58%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin C: 27.22mg (32.99%), Manganese: 0.14mg (7.15%), Fiber: 0.8g (3.2%), Folate: 10.66µg (2.66%), Potassium: 78.84mg (2.25%), Copper: 0.04mg (1.89%), Magnesium: 7.2mg (1.8%), Vitamin B6: 0.02mg (1.23%), Phosphorus: 11.46mg (1.15%), Calcium: 11.38mg (1.14%)