

Cilantro Lime Jalapeno Lemonade

Cooking Light Magazine - August 2013

Servings: 4

6 tablespoons sugar
1/2 cup cilantro sprigs
4 cups water
1/2 cup fresh lemon juice
1 sliced lime
1 thinly sliced jalapeno pepper

In a mortar, combine the sugar and cilantro sprigs. Grind the leaves with a pestle.

Add the cilantro mixture and water to a pitcher, stirring until the sugar dissolves.

Add the lemon juice and mix well.

Add the lime and jalapeno pepper.

Let stand for 30 minutes before serving.

Serving size: one cup.

Per Serving (excluding unknown items): 80 Calories; 0g Fat (0.0% calories from fat); trace Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	80	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	4mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0

Potassium (mg): 38mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 6IU
Vitamin A (r.e.): 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 80 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	8mg		0%
Total Carbohydrates	21g		7%
	Dietary Fiber	trace	0%
Protein	trace		

Vitamin A			0%
Vitamin C			23%
Calcium			1%
Iron			0%

* Percent Daily Values are based on a 2000 calorie diet.