

Strawberry Lemonade III

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Yield: 8 cups

3/4 cup sugar

10 ounces strawberries

6 lemons, very thinly sliced

1 lime, very thinly sliced

6 cups water

In a large pot, combine the sugar, strawberries, lemons and lime.

Mash with a potato masher for 5 minutes.

Stir in the water and let sit for 30 minutes.

Pour through a fine-mesh sieve into a large container, pressing on the solids to extract as much liquid as possible. Discard the solids.

Serve over ice.

Per Serving (excluding unknown items): 750 Calories; 2g Fat (2.1% calories from fat); 6g Protein; 213g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 59mg Sodium. Exchanges: 4 Fruit; 10 Other Carbohydrates.

Beverage

Per Serving Nutritional Analysis

Calories (kcal):	750	Vitamin B6 (mg):	.4mg
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	91mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	213g	Food Exchanges	
Dietary Fiber (g):	10g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	0

Sodium (mg): 59mg
Potassium (mg): 1018mg
Calcium (mg): 180mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 355mg
Vitamin A (i.u.): 183IU
Vitamin A (r.e.): 19RE

Vegetable: 0
Fruit: 4
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 750 Calories from Fat: 15

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	59mg	2%
Total Carbohydrates	213g	71%
Dietary Fiber	10g	39%
Protein	6g	
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Vitamin A		4%
Vitamin C		592%
Calcium		18%
Iron		22%

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