



Healthdor

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## Small Low-calorie Diet Limeade ♦♦

Small Low-calorie Diet Limeade is a refreshing and healthy drink that is perfect for those on a low-calorie diet. It is made with fresh lime juice, water, and a natural sweetener. This limeade is low in calories and packed with vitamin C, making it a great choice for a light and refreshing beverage.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 1

**Serving Size:** 250 g

### Ingredients

<b>30 ml</b>	fresh lime juice
<b>220 ml</b>	water
<b>5 g</b>	natural sweetener

## Directions

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### Step 1

In a glass, combine fresh lime juice and water.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

**Stirring**

Add natural sweetener and stir well.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

**Serving**

Serve over ice and enjoy!

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 10 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 3 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas Thanksgiving

### Kitchen Tools

Blender Oven

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Diwali Oktoberfest Ramadan Thanksgiving Easter

### Cost

Under \$10 \$20 to \$30 \$40 to \$50

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

### Meal Type

Snack Supper

### Difficulty Level

Easy

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