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## Summer Citrus Splash ♦

A refreshing summer drink made with citrus fruits. Perfect for hot summer days.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	oranges
250 g	Lemons
250 g	limes
100 g	sugar
1000 ml	water
200 g	ice cubes

# Directions

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## Step 1

Squeeze the juice from the oranges, lemons, and limes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

**Stirring**

In a pitcher, combine the citrus juice, sugar, and water.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

**Stirring**

Stir until the sugar is dissolved.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

**Stirring**

Add ice cubes to the pitcher.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve the Summer Citrus Splash in glasses with ice cubes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 0 g

**Protein:** 2 g

**Carbohydrates:** 50 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	40 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	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Cuisines

Italian

Chinese

Indian

Mexican

French

Mediterranean

American

### Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

### Nutritional Content

High Protein

Low Fat

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Difficulty Level

Easy

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