

Blueberry & Basil Lemonade

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Servings: 5

*1/2 cup fresh lemon juice
2 cups fresh blueberries
1/4 cup torn fresh basil leaves
6 tablespoons granulated sugar
4 cups water*

In a pitcher, combine the lemon juice, blueberries, basil and granulated sugar. Muddle.

Add the water. Let stand for 30 minutes.

Press the mixture through a fine sieve into a medium bowl. Discard the solids.

Return the mixture to the pitcher.

Serve.

Serving size: one cup

Per Serving (excluding unknown items): 97 Calories; trace Fat (1.9% calories from fat); trace Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	97	Vitamin B6 (mg):	trace
% Calories from Fat:	1.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	25g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0

Potassium (mg): 82mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 19mg
Vitamin A (i.u.): 63IU
Vitamin A (r.e.): 6 1/2RE

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

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 97 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	25g	8%
	Dietary Fiber 2g	7%
Protein	trace	

Vitamin A	1%
Vitamin C	31%
Calcium	1%
Iron	1%

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