

Cilantro-Jalapeno Limeade

www.MyRecipes.com

Servings: 8

4 1/2 cups water
3/4 cup sugar
1/2 cup agave nectar
1 cup cilantro, coarsely chopped
2 large (1/2 cup) jalapeno peppers,
seeded and chopped
2 tablespoons sugar
1/4 teaspoon salt
9 lime wedges, divided
1 1/2 cups (about 10 limes) fresh
lime juice
4 cups ice

Preparation Time: 12 minutes

Chill: 3 hours

In a medium saucepan over medium-high heat, combine the water, 3/4 cup of sugar and agave nectar. Bring to a boil. Remove from the heat. Stir in the cilantro and jalapeno. Let stand for 30 minutes.

Pour the jalapeno mixture into a large bowl. Cover.

Chill for at least three hours.

In a shallow dish, combine two tablespoons of the sugar and the salt. Rub the rims of eight glasses with one lime wedge. Dip the rims of the glasses in the sugar mixture.

Strain the cilantro mixture through a fine sieve over a bowl. Discard the solids. Stir in the lime juice.

Fill each prepared glass with one-half cup of ice. Add three-quarters cup of the limeade to each glass. Garnish with the remaining eight lime wedges.

Start to Finish Time: 3 hours 42 minutes

Jalapeno adds a subtle kick, and cilantro brings grassy, herbal notes to classic limeade.

Adults might like to stir in a little tequila.

Per Serving (excluding unknown items): 114 Calories; trace Fat (1.8% calories from fat); 1g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 83mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	114	Vitamin B6 (mg):	trace
% Calories from Fat:	1.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	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	% Refused:	n n%
Carbohydrate (g):	30g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	83mg	Vegetable:	0
Potassium (mg):	239mg	Fruit:	1/2
Calcium (mg):	61mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	41mg		
Vitamin A (i.u.):	711IU		
Vitamin A (r.e.):	71RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 114 **Calories from Fat:** 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	83mg	3%
Total Carbohydrates	30g	10%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		14%
Vitamin C		68%
Calcium		6%
Iron		9%

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