

# Cucumber-Ginger Limeade

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## Servings: 4

1 1/2 cups cucumbers, peeled, seeded and coarsely chopped

1 1/2 cups water

1 1/3 cups Ginger-Lime Syrup

1 cup fresh lime juice

cucumber slices (for garnish)

### GINGER-LIME SYRUP

1 1/2 cups sugar

1 cup ginger, peeled and coarsely chopped

1 1/2 tbsp. (about 3 limes) lime zest

2 cups water

Prepare the Ginger-Lime Syrup: In a food processor, process the sugar, ginger and lime zest for 15 seconds. Transfer to a small saucepan and stir in the water. Cook over medium heat for 10 minutes. Remove from the heat and let stand for 10 minutes. Pour through a fine wire-mesh strainer, discarding the solids. Set aside.

Prepare the limeade: In a blender or food processor, process the cucumbers and water for 15 to 20 seconds or until smooth. Transfer to a pitcher. Stir in the Ginger-Lime Syrup and lime juice.

Serve over ice.

Garnish with cucumber slices.

*Try this cooler with gin, vodka, rum or tequila.*

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Per Serving (excluding unknown items): 388 Calories; 1g Fat (3.1% calories from fat); 3g Protein; 97g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 5 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	388	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	19mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
			0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	97g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	15mg
Potassium (mg):	418mg
Calcium (mg):	44mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	24mg
Vitamin A (i.u.):	123IU
Vitamin A (r.e.):	12RE

Caffeine (mg):	
Alcohol (kcal):	0
% Refused:	n n%

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### Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	5

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

<b>Calories</b> 388	Calories from Fat: 12
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### % Daily Values\*

<b>Total Fat</b> 1g	2%
Saturated Fat trace	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrates</b> 97g	32%
Dietary Fiber 3g	14%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	41%
<b>Calcium</b>	4%
<b>Iron</b>	15%

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