

# Mango Limeade

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Better Homes and Gardens Magazine - August 2013

## Yield: 2 quarts

4 cups fresh mangoes OR 4 cups frozen mango cubes, thawed  
1 cup mango nectar  
1 cup fresh lime juice  
1/4 cup Ginger Simple Lemonade Syrup OR Plain Simple Lemonade Syrup  
1 bottle (750 ML) sparkling water, chilled

Seed, peel and cut up the fresh mangoes, if using.

In a blender, combine the mangoes and mango nectar. Cover and blend until smooth.

In a serving pitcher, stir together the mango mixture, lime juice and simple syrup.

Stir in the sparkling water before serving.

Pour into ice-filled glasses.

Start to Finish Time: 20 minutes

*Avoid adding sweetened or flavored varieties of sparkling water to your lemonade. They'll overpower the fresh taste of the fruit.*

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Per Serving (excluding unknown items): 66 Calories; trace Fat (2.3% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	66	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	20mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	22g		

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 2mg  
**Potassium (mg):** 268mg  
**Calcium (mg):** 22mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 72mg  
**Vitamin A (i.u.):** 25IU  
**Vitamin A (r.e.):** 2 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 66 Calories from Fat: 2

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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	1g	4%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		120%
<b>Calcium</b>		2%
<b>Iron</b>		0%

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