

Orange Lemonade

*"Fruits of the Spirit" (2001) - Ashley Wood
Grapevine United Methodist Church - Port St. Lucie, FL*

2 oranges
3 lemons
1/2 cup sugar
4 cups water
ice cubes
lemon slices (for garnish)

On a cutting board, use a sharp knife to cut the oranges and lemons in half. Squeeze the juice from them either by hand or using a citrus juicer. Pour the juice into a pitcher.

Add the water and the sugar to the pitcher. Use a large spoon to stir until the sugar dissolves.

Pour the lemonade into glasses over ice cubes.

Garnish with a lemon slice.

Per Serving (excluding unknown items): 545 Calories; 1g Fat (1.2% calories from fat); 5g Protein; 149g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 3 Fruit; 6 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	545	Vitamin B6 (mg):	.3mg
% Calories from Fat:	1.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	99mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	149g	Food Exchanges	
Dietary Fiber (g):	8g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0

Sodium (mg): 35mg
Potassium (mg): 729mg
Calcium (mg): 170mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 232mg
Vitamin A (i.u.): 589IU
Vitamin A (r.e.): 60RE

Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 545 Calories from Fat: 6

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrates	149g	50%
Dietary Fiber	8g	32%
Protein	5g	
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Vitamin A		12%
Vitamin C		386%
Calcium		17%
Iron		9%

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