

# Strawberry & Rhubarb Lemonade

Cooking Light Magazine - August 2013

## Servings: 4

4 cups water

2 cups frozen rhubarb

1 cup strawberries, quartered

6 tablespoons sugar

1/2 cup fresh lemon juice

In a saucepan, place the water, rhubarb, strawberries and sugar. Bring to a boil. Reduce the heat and simmer for 5 minutes.

Place in the freezer for 30 minutes.

Press the mixture through a fine sieve into a pitcher. Discard the solids.

Add the lemon juice. Stir to combine.

Serving size: one cup.

Per Serving (excluding unknown items): 106 Calories; trace Fat (1.6% calories from fat); 1g Protein; 27g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	106
% Calories from Fat:	1.6%
% Calories from Carbohydrates:	96.0%
% Calories from Protein:	2.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	9mg
Potassium (mg):	173mg
Calcium (mg):	145mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	38mg
Vitamin A (i.u.):	89IU
Vitamin A (r.e.):	9 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

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**Amount Per Serving**

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**Calories** 106 **Calories from Fat:** 2

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**% Daily Values\***

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<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	9mg	0%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	2g	9%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		64%
<b>Calcium</b>		15%
<b>Iron</b>		2%

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