

Basil-Citrus Cooler

Everyday Food Magazine - June 2012

Yield: 8 cups

1 cup tightly packed fresh basil leaves
3 tablespoons sugar
3 cups fresh orange juice
3 tablespoons lime juice
5 cups water

In a large container, combine the basil and sugar. Mash with the back of a wooden spoon until the basil is broken up.

Add the orange juice, lime juice and water. Stir until the sugar is dissolved.

Serve over ice.

Per Serving (excluding unknown items): 492 Calories; 2g Fat (2.7% calories from fat); 5g Protein; 119g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 5 1/2 Fruit; 2 1/2 Other Carbohydrates.

Beverage

Per Serving Nutritional Analysis

Calories (kcal):	492	Vitamin B6 (mg):	.3mg
% Calories from Fat:	2.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.1%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	413mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	119g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	44mg	Vegetable:	0
Potassium (mg):	1539mg	Fruit:	5 1/2
Calcium (mg):	110mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0

