

Blackberry-Lime Agua Fresca

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Yield: 6 cups

1 package (12 ounce) fresh blackberries
1 cup powdered sugar
1/2 cup fresh lime juice
4 cups chilled water or club soda
lime wedges (for garnish)
fresh blackberries (for garnish)

In a blender, process the blackberries, powdered sugar and lime juice until smooth (about 30 seconds).

Press the mixture through a fine wire-mesh strainer into a large pitcher. Use the back of a spoon to squeeze out the juice. Discard the pulp and seeds.

Stir in the chilled water or club soda.

Garnish with the lime wedges and fresh blackberries.

Per Serving (excluding unknown items): 500 Calories; trace Fat (0.4% calories from fat); 1g Protein; 130g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 8 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	500	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	130g		
Dietary Fiber (g):	trace		
Protein (g):	1g		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 2mg
Potassium (mg): 136mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 36mg
Vitamin A (i.u.): 12IU
Vitamin A (r.e.): 1RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 8

Nutrition Facts

Amount Per Serving

Calories 500 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	130g	43%
Dietary Fiber	trace	2%
Protein	1g	

Vitamin A	0%
Vitamin C	60%
Calcium	1%
Iron	1%

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