Basil-Citrus Cooler

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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

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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 (q):	trace	Caffeine (mg):	0mg
(0)		Alcohol (kcal):	0
Polyunsaturated Fat (g):	trace	% Dafusa	በ በ%
Cholesterol (mg):	0mg		
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

Zinc (mg): 1mg Other Carbohydrates: 2 1/2

 Vitamin C (mg):
 386mg

 Vitamin A (i.u.):
 1493IU

 Vitamin A (r.e.):
 149 1/2RE

Nutrition Facts

Amount Per Serving			
Calories 492	Calories from Fat: 13		
	% Daily Values*		
Total Fat 2g	2%		
Saturated Fat trace	1%		
Cholesterol 0mg	0%		
Sodium 44mg	2%		
Total Carbohydrates 1199	40%		
Dietary Fiber 2g	7%		
Protein 5g			
Vitamin A	30%		
Vitamin C	643%		
Calcium	11%		
Iron	9%		

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