



LEMONY ICE WATER



Yield: approximately 8 cups

Ingredients:

1 pitcher (2 quarts) ice water
½ lemon OR lime

Directions:

1. FILL pitcher with ice water and lots of ice cubes.
2. SQUEEZE lemon OR lime juice into pitcher.
STIR.

Nutrition Facts

Serving Size 1 cup (240 g)
Servings Per Container 8

Amount Per Serving

Calories 0 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 5 mg 0 %

Total Carbohydrate 0 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 0 g

Vitamin A 0 % ■ Vitamin C 2 %

Calcium 0 % ■ Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.