

Citrus Infused Water

Ingredients:

- 1/2 orange, sliced
- 1/4 grapefruit, sliced
- 1/2 lemon, sliced
- 1/2 lime, sliced

Directions:

1. Add slices of fruit to a jar and fill with water. Allow the water to infuse in the refrigerator for 6-8 hours.
2. Serve over ice and enjoy.

Nutrition Facts	
Serving Size 8 oz. (108g)	
Servings Per Container 4	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 10%	Vitamin C 80%
Calcium 4%	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	

For more information, please contact:

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Source: Fruit Kasia Roberts, RN

