

Blackberry-Lemon Infused Water

Ingredients:

- 2 lemons
- 8 oz. blackberries
- 1 gallon water
- Ice (optional)

Directions:

- In a large pitcher, add together lemons, blackberries and water. Top with ice and serve cold.

Nutrition Facts	
Serving Size (1034g)	
Servings Per Container 4	
Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 1g	
Vitamin A 2%	• Vitamin C 40%
Calcium 10%	• Iron 2%
*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: mealplannerpro.com

