

# Calories In An Lemon

Coca-Cola Lime c93f24fb0a Coca-Cola with Lemon was originally released as Diet Coke with Lemon (in some markets known as Coca-Cola Light Lemon), based on the company's existing Diet Coke product. It was test marketed in the Midwest United States in September 2001 and released in more areas the following month before global releases. The product was launched around the same time as rival PepsiCo's own lemon cola, Pepsi Twist, which they test marketed in 2000. c93f24fb0a

Lemon bar restrictions, such as gluten-free lemon bars and vegan lemon bars. Krusteaz &quot;Meyer Lemon bars&quot; box mix lists 140 calories as prepared in one serving, a 2-inch bar The lemon bar, also called lemon square, is a popular type of dessert bar in the United States consisting of a thin shortbread crust and a lemon curd filling c93f24fb0a

Some people add ingredients such as spearmint or ginger for flavor. These additions mainly affect taste and do not significantly change the nutritional value of the drink. c93f24fb0a Though unlikely to be harmful over the short term, Master Cleanse and similar programs can be harmful over the long term. The diet lacks protein, fatty acids, and other essential nutrients and depends entirely on carbohydrates for calories. The daily laxative regimen can cause electrolyte imbalances and disrupt the normal gastrointestinal microbiome. In the longer run, staying on the Master Cleanse diet could result in severe metabolic acidosis, which can lead to coma or death. The... c93f24fb0a One 19th-century source suggests that muffin may be related to the Greek bread maphula, a 'cake baked on a hearth or griddle', or from Old French mou-pain 'soft bread', which may have been altered into mouffin. The word is first found in print in 1703, spelled moofin; it is of uncertain origin but possibly derived from the Low German Muffen, the plural of Muffe, meaning 'small cake', or possibly with some connection to the Old French moufflet meaning 'soft', as said of bread. The expression muffin-man, meaning a street seller of muffins, is attested in a 1754 poem, which includes the line: "Hark! the shrill Muffin-Man his Carol plies." c93f24fb0a == Description == c93f24fb0a

Coca-Cola Citra In 2023, a Zero Sugar variant, named Coca-Cola Zero Calories Lemon-Lime, was released in Jordan. Coca-Cola Coca-Cola Lemon Coca-Cola Lime Coca-Cola Citra is a lemon and lime blend flavored variant of Coca-Cola, a cola beverage made by The Coca-Cola Company. Exotic Mango c93f24fb0a

The yellow fruit of the lemon tree is used throughout the world, primarily for its juice. The pulp and rind are used in cooking and baking. The juice of the lemon is about 5-6% citric acid, giving it a sour taste. This makes it a key ingredient in drinks and foods such

as lemonade and lemon meringue pie. c93f24fb0a In 2024, world production was 23 million tonnes, led by India and Mexico with 31% of the total. c93f24fb0a The first widely published lemon bar recipe was printed in the Chicago Daily Tribune on August 27, 1962, and submitted by Eleanor Mickelson. However, mentions of lemon bars and lemon squares can be found in earlier community cookbooks or small local newspapers. c93f24fb0a

Master Cleanse In the longer run Master Cleanse (also called the lemonade diet or lemon detox diet) is a modified juice fast that permits no food, substituting tea and lemonade made with maple syrup and cayenne pepper as well as doing a one quarter saltwater flush using sea salt and water to cause urgent bowel movements each morning of the fast. carbohydrates for calories. The daily laxative regimen can cause electrolyte imbalances and disrupt the normal gastrointestinal microbiome c93f24fb0a

Coca-Cola Lemon c93f24fb0a Diet Coke Lemon was only the second flavored cola drink (whether Coca-Cola or Diet Coke) introduced by the company, sixteen years after Cherry Coke was introduced. In the years following, the company would significantly expand the Coca-Cola portfolio. By 2007, it consisted of various additional new brands including Coca-Cola/Diet Coke Black Cherry Vanilla, BlāK, C2, Citra, Lime, Raspberry, Vanilla, Zero, as well as Diet Coke Plus and Diet Coke Sweetened with Splenda. c93f24fb0a == Composition == c93f24fb0a In 2023, a Zero Sugar variant, named Coca-Cola Zero Calories Lemon-Lime, was released in Jordan. c93f24fb0a

Coca-Cola Lemon Retrieved 2025-09-10. zuccheri e zero calorie". "Coca-Cola Lemon Zero Sugar Zero Calories Launches in Italy. " The Coca-Cola Coca-Cola Lemon, including its variants Diet Coke with Lemon and Coca-Cola Zero Sugar Lemon, are lemon-flavored cola soft drinks produced and distributed by The Coca-Cola Company's bottlers since 2001. La Stampa (in Italian). 2017-03-08 c93f24fb0a

Lemon water is usually prepared by adding freshly squeezed lemon juice to cold or warm water. A common method uses the juice of half a lemon in a glass of water, though the amount varies by preference. Squeezing the lemon for its juice is not required for preparation. c93f24fb0a In April 2005, Coca-Cola announced Coca-Cola with Lemon, a version based on... c93f24fb0a

Negative-calorie food claimed to be negative in calories are mostly low-calorie fruits and vegetables, notably celery, but also grapefruit, orange, lemon, lime, apple, lettuce A negative-calorie food is food that supposedly requires more food energy to be digested than the food provides. Its thermic effect or specific dynamic action—the caloric "cost" of digesting the food—would be greater than its food energy content. While some chilled beverages are calorically negative, the effect is minimal and requires drinking very large amounts of water, which can be dangerous, as it can cause water intoxication. Despite its recurring popularity in dieting guides, there is no evidence supporting the idea that any food is calorically negative c93f24fb0a

### == Nutritional Value ==

Lemon water It is commonly consumed as part of everyday dietary or lifestyle habits. Lemon water mainly provides hydration along with small amounts of nutrients naturally found in lemon juice, including vitamin C. Lemon water is low in calories due to the low amount of carbohydrates compared Lemon water is a beverage made by mixing lemon juice with water. fructose corn syrup or sugar substitutes), while lemon water is unsweetened

Coca-Cola The main difference between lemon water and lemonade is that lemonade usually contains sweeteners (usually in the form of sugar, honey, high fructose corn syrup or sugar substitutes), while lemon water is unsweetened. Diets based on negative-calorie food do not work as advertised but can lead to weight loss because they satisfy hunger by filling... While quickbread "American" muffins are often sweetened, there are savory varieties made with ingredients such as cornbread muffins and cheese muffins, and less sweet varieties such as traditional bran muffins. The quickbread muffin originated in North America during the 19th century. The lemon tree produces a pointed oval yellow fruit. Botanically this is a hesperidium, a modified berry with a tough, leathery rind. The rind is divided into an outer colored layer or zest, which is aromatic with essential oils, and an inner layer of white spongy pith. Inside are multiple carpels arranged as radial segments. The seeds develop inside the carpels. The space inside each segment is a locule filled with... == Controversy == The diet version of the drink had a permanent release and distribution in Britain as Diet Coke with Citrus Zest. It was launched there in February 2007, replacing the Diet Coke with Lemon and Diet Coke with Lime flavors. It was originally reported that an orange-flavored drink, i.e., Coca-Cola Light Sango, was planned to launch instead. In May 2018, Diet Coke with Citrus Zest was discontinued in the British market, replaced by Diet Coke Exotic Mango. == Common preparation and variations ==

Sparkle (drink) com&quot;. myfitnesspal - Sparkle is a lemon-flavored soft drink produced and distributed by Cosmos Bottling Corporation (a then subsidiary of RFM Corporation) for the provincial markets of the Philippines. RFM Corporation sold their soft drink division Cosmos Bottling Corporation to Coca-Cola Bottlers Philippines Inc. Lift Philippines &quot;Calories in Sparkle Soft Drink Calories and Nutrition Facts | MyFitnessPal. www. Retrieved October 12, 2025. in 2001. 2001. The brand was discontinued by Coca-Cola Beverages Philippines in 2022 and replaced by Royal Tru-Lemon (2019), Sprite Lemon+ (2022) and its former predecessor Lift (2025)

### == Origin and history ==

Sierra Mist By 2003, it was available in all US markets. The name is a play on Sierra Mist was a lemon-lime flavored soft drink line introduced by PepsiCo in 1999. Sierra Mist was a lemon-lime flavored soft drink line introduced by PepsiCo in 1999. By 2003, it was

available in all US markets. The name is a play on Mountain Dew: sierra is the Spanish word for "mountain range" and both mist and dew are composed of water droplets. The brand was aimed at competing with Sprite and 7 Up c93f24fb0a

There is no evidence to show that any foods have a negative calorific impact. Foods claimed to be negative in calories are mostly low-calorie fruits and vegetables, notably celery, but also grapefruit, orange, lemon, lime, apple, lettuce, broccoli, and cabbage. However, celery has a thermic effect of around 8%, much less than the 100% or more required for a food to have "negative calories", unless the celery is frozen prior to consumption, however that would make it too hard to chew. c93f24fb0a The drink was rebranded as "Mist Twst" in 2016, but reverted to "Sierra Mist" in 2018. Sierra Mist was replaced by Starry in 2023. c93f24fb0a The diet was developed by Stanley Burroughs, who initially marketed it in the 1940s, and revived it in his 1976 book The Master Cleanser. Proponents claim that the diet tones, reduces and cleanses the body, allowing the body to heal itself. There is no evidence that the diet removes any toxins or that it achieves anything beyond temporary weight loss, followed by rapidly regaining the lost weight. c93f24fb0a

Lemon Its origins are uncertain, but some evidence suggests lemons originated during the 1st millennium BC in what is now northeastern India. A true lemon is a hybrid of the citron and the bitter orange. 5 oz), raw lemon supplies 29 calories and is a rich source of vitamin C, providing 59% of the Daily Value, with other micronutrients low in content (table) The lemon (Citrus × limon) is a species of small evergreen tree in the Citrus genus of the flowering plant family Rutaceae. Some other citrus fruits are called lemon c93f24fb0a

There are two basic elements to a lemon bar, lemon curd and shortbread, each with its own history. c93f24fb0a == See also == c93f24fb0a The drink was first released in Mexico in April 2005 as a trial product, both as a regular cola and a diet (Diet Coke/Coca-Cola Light) version known as Coca-Cola Citra Light. It was thereafter given a limited edition run in the New Zealand market from October 2005 until 2006, and again from March-September 2007. Coca-Cola Citra was also released in Japan, where it was distributed from May 29, 2006, for about a year. c93f24fb0a

Muffin , "blueberry muffin". g. It is often a small, sweet quickbread or cake in a cup-shaped container. from 170 to 270 calories each (cake doughnuts have from 290 to 360 calories), while large bakery muffins have from 340 to 630 calories each and 11 to 27 A muffin is a type of individual-sized baked good. It may be named for additional ingredients, e c93f24fb0a

== History == c93f24fb0a == Etymology == c93f24fb0a

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