



All Natural Strawberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups juice of lemon freshly squeezed
- ☐ 8 large strawberries halved
- ☐ 7 cups water divided
- ☐ 1 cup sugar white

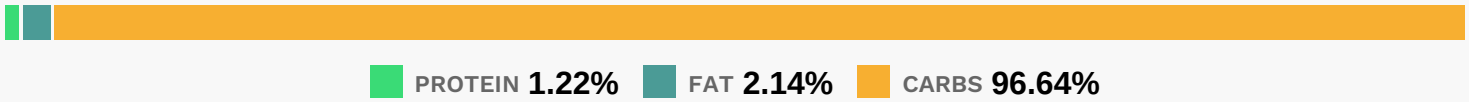
Equipment

- ☐ blender

Directions

- ☐ Place strawberries in a blender; top with 2 tablespoons sugar.
- ☐ Pour 1 cup water over sugared strawberries. Blend until strawberry chunks transform into juice.
- ☐ Combine strawberry juice, 6 cups water, 1 cup sugar, and lemon juice in a large pitcher; stir until blended. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:12.04, Inflammation Score:-2, Nutrition Score:2.3830434576325%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 78.87kcal (3.94%), Fat: 0.2g (0.32%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 20.31g (7.38%), Sugar: 18.54g (20.6%), Cholesterol: 0mg (0%), Sodium: 7.65mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 26.32mg (31.91%), Manganese: 0.08mg (3.75%), Folate: 12.45µg (3.11%), Potassium: 69.76mg (1.99%), Fiber: 0.48g (1.93%), Copper: 0.04mg (1.92%), Magnesium: 6.16mg (1.54%), Vitamin B6: 0.03mg (1.36%)