



Basil Chile Lemonade Glaze

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup basil fresh chopped
- 0.3 cup juice of lemon fresh
- 4 lemon zest shredded finely
- 6 oz lemonade concentrate frozen thawed
- 1 tablespoon olive oil
- 1.5 teaspoons pepper red

Equipment

- bowl

Directions

In a medium bowl, combine all ingredients.

Nutrition Facts

 **PROTEIN 1.17%**  **FAT 27.09%**  **CARBS 71.74%**

Properties

Glycemic Index:14, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4091304074163%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 98.34kcal (4.92%), Fat: 3.18g (4.88%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 18.04g (6.56%), Sugar: 15.69g (17.44%), Cholesterol: 0mg (0%), Sodium: 12.74mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 15.59mg (18.9%), Vitamin K: 7.37µg (7.02%), Vitamin A: 244.33IU (4.89%), Vitamin E: 0.7mg (4.68%), Fiber: 0.88g (3.5%), Vitamin B6: 0.04mg (1.75%), Potassium: 60.01mg (1.71%), Folate: 6.43µg (1.61%), Manganese: 0.03mg (1.49%), Magnesium: 5.5mg (1.37%), Calcium: 13.68mg (1.37%), Iron: 0.24mg (1.31%), Copper: 0.02mg (1.07%)