

## Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

BEVERAGE

DRINK

### Ingredients



1 sprigs basil fresh



0.5 cup lightly basil leaves fresh packed rinsed



0.5 cup juice of lemon freshly squeezed



3 tablespoons sugar



4 cups water

### Equipment



bowl



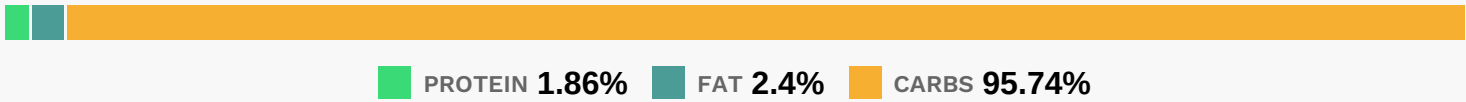
sieve

☐ wooden spoon

Directions

- ☐ In a 1 1/2- to 2-quart glass measure or bowl, combine basil leaves (see notes) and sugar. With a wooden spoon, crush leaves with sugar until thoroughly bruised.
- ☐ Add water and lemon juice. Stir until sugar is dissolved, 1 to 2 minutes. Taste and add more sugar if desired.
- ☐ Pour through a fine strainer into ice-filled glasses.
- ☐ Garnish with sprigs of fresh basil.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:6.31, Inflammation Score:-2, Nutrition Score:2.1678260636071%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 42.17kcal (2.11%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 11.01g (4.01%), Sugar: 9.76g (10.85%), Cholesterol: 0mg (0%), Sodium: 12.36mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 12.43mg (15.07%), Vitamin K: 14.52µg (13.83%), Vitamin A: 186.46IU (3.73%), Copper: 0.06mg (2.84%), Manganese: 0.04mg (2.21%), Folate: 8.48µg (2.12%), Magnesium: 6.44mg (1.61%), Calcium: 15.21mg (1.52%), Potassium: 41.92mg (1.2%)