

Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

BEVERAGE

DRINK

Ingredients



1 cup basil leaves fresh for garnishing



8 cups pink lemonade kool-aid



1 cup sugar

Equipment

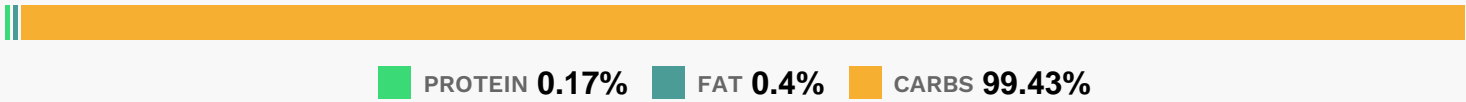


sauce pan

Directions

- ☐
- In a small saucepan, over medium heat, bring the sugar and 1 1/2 cups cold water to a simmer. Cook, without stirring, until the sugar dissolves and the mixture thickens slightly, about 5 minutes.
- ☐
- Remove from heat, add the basil, and let cool to room temperature. Strain the syrup into a resealable container and discard the solids.
- ☐
- Pour 2 to 3 teaspoons of the basil syrup into each of 8 ice-filled glasses, then fill with lemonade.
- ☐
- Garnish with an additional sprig of basil. (You can cover and refrigerate the remaining syrup for up to 2 weeks.)Tip: You can add a splash of basil-infused syrup to any summery drink, whether ginger ale, iced tea, mineral water, or sparkling wine (such as Prosecco).

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:36.78, Inflammation Score:-1, Nutrition Score:0.97217390216563%

Nutrients (% of daily need)

Calories: 216.64kcal (10.83%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.01%), Carbohydrates: 54.9g (18.3%), Net Carbohydrates: 54.86g (19.95%), Sugar: 52.88g (58.75%), Cholesterol: 0mg (0%), Sodium: 15.33mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin K: 12.45µg (11.86%), Vitamin A: 158.25IU (3.16%), Manganese: 0.04mg (1.77%)