

# Berry Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



208 kcal

BEVERAGE

DRINK

## Ingredients

- 12 ounce poached berries mixed unsweetened frozen thawed
- 6 servings ice cubes
- 12 ounce lemonade concentrate frozen thawed canned
- 0.5 cup sugar
- 1 vanilla pod seeds removed, pod reserved cut in half lengthwise,
- 1 cup water
- 3 cups water
- 6 servings in a blender for at least 1 hour. pour the lemonade into ice-filled glasses and serve.

## Equipment

- frying pan
- sauce pan

## Directions

- Watch how to make this recipe.
- In a small saucepan, over medium heat combine the sugar, water, vanilla bean seeds, and vanilla pod. Bring to a boil, then reduce the heat to a simmer. Cook, stirring occasionally, until the sugar has dissolved, about 5 minutes.
- Remove the pan from the heat and allow the syrup to cool, about 20 minutes. Strain before using.

## Nutrition Facts

**PROTEIN 0.66%** **FAT 3.87%** **CARBS 95.47%**

## Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:2.4656521859376%

## Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 208.13kcal (10.41%), Fat: 0.95g (1.45%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 50.81g (18.48%), Sugar: 47.1g (52.33%), Cholesterol: 0mg (0%), Sodium: 15.46mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin C: 8.98mg (10.88%), Vitamin K: 9.41µg (8.97%), Fiber: 1.7g (6.82%), Manganese: 0.09mg (4.58%), Copper: 0.06mg (3.08%), Magnesium: 9.01mg (2.25%), Vitamin B6: 0.05mg (2.25%), Vitamin E: 0.32mg (2.16%), Potassium: 72.49mg (2.07%), Folate: 8.01µg (2%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.36mg (1.79%), Calcium: 15.15mg (1.52%), Vitamin B2: 0.02mg (1.42%), Vitamin B5:

0.14mg (1.37%), Phosphorus: 10.28mg (1.03%)