



Best Lemonade Ever



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



275 min.

SERVINGS



20

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients



1.5 cups juice of lemon



8 cups water



1.8 cups sugar white

Equipment

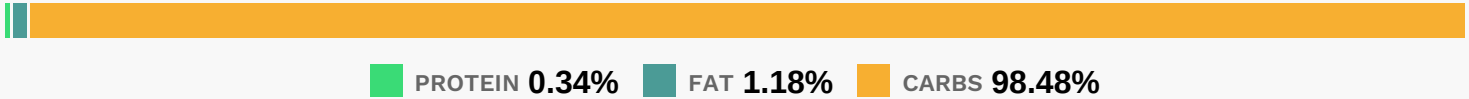


sauce pan

Directions

- ☐ In a small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled.
- ☐ Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice and remaining 7 cups water.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:12.22, Inflammation Score:-1, Nutrition Score:0.62956521384742%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 71.4kcal (3.57%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 18.64g (6.78%), Sugar: 17.93g (19.92%), Cholesterol: 0mg (0%), Sodium: 5.09mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Vitamin C: 7.08mg (8.58%)