



Blackberry Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

BEVERAGE

DRINK

Ingredients

- 14 ounce blackberries frozen
- 0.8 cup juice of lemon fresh (5 lemons)
- 0.3 cup juice of lime fresh (1 large lime)
- 16 ounce maraschino cherries without stems
- 1.3 cups sugar
- 3 cups water

Equipment

- sieve

blender

Directions

Process first 5 ingredients in a blender until smooth, stopping to scrape down sides.

Pour fruit mixture through a wire-mesh strainer into a pitcher, discarding solids. Stir in 3 cups water.

Serve over ice.

Nutrition Facts

 PROTEIN 1.45% FAT 1.84% CARBS 96.71%

Properties

Glycemic Index:15.85, Glycemic Load:29.8, Inflammation Score:-5, Nutrition Score:7.0017391443253%

Flavonoids

Cyanidin: 66.12mg, Cyanidin: 66.12mg, Cyanidin: 66.12mg, Cyanidin: 66.12mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 24.51mg, Catechin: 24.51mg, Catechin: 24.51mg, Catechin: 24.51mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 5.32mg, Hesperetin: 5.32mg, Hesperetin: 5.32mg, Hesperetin: 5.32mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 322.83kcal (16.14%), Fat: 0.7g (1.07%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 82.56g (27.52%), Net Carbohydrates: 76.5g (27.82%), Sugar: 75.08g (83.43%), Cholesterol: 0mg (0%), Sodium: 10.52mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin C: 28.72mg (34.81%), Fiber: 6.06g (24.23%), Manganese: 0.44mg (22.18%), Vitamin K: 14.29µg (13.61%), Copper: 0.25mg (12.33%), Calcium: 67.21mg (6.72%), Folate: 23.65µg (5.91%), Vitamin E: 0.88mg (5.86%), Magnesium: 20.07mg (5.02%), Potassium: 167.08mg (4.77%), Iron: 0.79mg (4.39%), Zinc: 0.59mg (3.91%), Vitamin A: 182.45IU (3.65%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.47mg (2.36%), Phosphorus: 20.67mg (2.07%), Vitamin B6: 0.04mg (2.07%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.02mg (1.54%), Selenium: 0.71µg (1.01%)