



Blueberry and Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup torn basil leaves fresh
- ☐ 2 cups blueberries fresh
- ☐ 6 tablespoons granulated sugar
- ☐ 5 servings ice cubes
- ☐ 0.5 cup juice of lemon fresh
- ☐ 4 cups water

Equipment

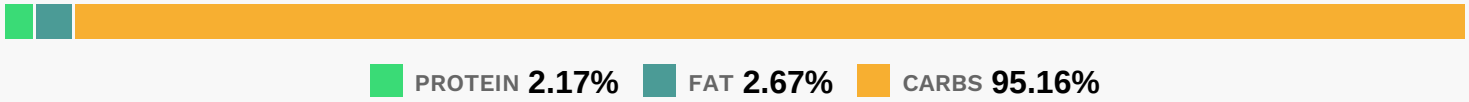
- ☐ bowl

☐ sieve

Directions

- ☐ Start with fresh lemon juice in a pitcher.
- ☐ Combine blueberries, basil leaves, and granulated sugar in pitcher with lemon juice; muddle.
- ☐ Add water; let stand 30 minutes. Press through a fine sieve into a medium bowl; discard solids. Return mixture to pitcher, and serve over ice.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:3.4604348125665%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 94.83kcal (4.74%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 23.13g (8.41%), Sugar: 20.89g (23.21%), Cholesterol: 0mg (0%), Sodium: 13.29mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 15.4mg (18.67%), Vitamin K: 16.41µg (15.62%), Manganese: 0.22mg (10.81%), Fiber: 1.51g (6.05%), Copper: 0.08mg (4.13%), Vitamin E: 0.38mg (2.56%), Folate: 9.25µg (2.31%), Vitamin B6: 0.04mg (2.19%), Potassium: 74.54mg (2.13%), Magnesium: 8.24mg (2.06%), Vitamin A: 96.73IU (1.93%), Vitamin B1: 0.03mg (1.88%), Vitamin B2: 0.03mg (1.86%), Calcium: 14.64mg (1.46%), Vitamin B3: 0.28mg (1.4%), Iron: 0.23mg (1.28%), Vitamin B5: 0.11mg (1.08%)