



Cherry-Berry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



400 kcal

BEVERAGE

DRINK

Ingredients



16 ounce pacage berries mixed frozen thawed



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



2 cups water

Equipment



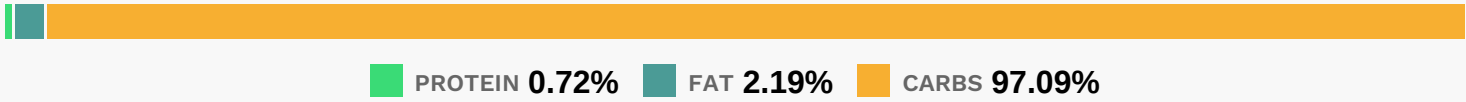
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☐ blender

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 2 cups water.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:34.91, Inflammation Score:-3, Nutrition Score:5.3882608828337%

Flavonoids

Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg, Cyanidin: 3.96mg Petunidin: 16.47mg, Petunidin: 16.47mg, Petunidin: 16.47mg, Petunidin: 16.47mg Delphinidin: 19.59mg, Delphinidin: 19.59mg, Delphinidin: 19.59mg, Delphinidin: 19.59mg Malvidin: 45.04mg, Malvidin: 45.04mg, Malvidin: 45.04mg, Malvidin: 45.04mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 6.38mg, Hesperetin: 6.38mg, Hesperetin: 6.38mg, Hesperetin: 6.38mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 399.53kcal (19.98%), Fat: 1.03g (1.58%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 102.51g (34.17%), Net Carbohydrates: 97g (35.27%), Sugar: 93.89g (104.32%), Cholesterol: 0mg (0%), Sodium: 10.38mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 20.06mg (24.32%), Fiber: 5.51g (22.04%), Vitamin K: 16.31µg (15.53%), Copper: 0.19mg (9.37%), Manganese: 0.15mg (7.64%), Calcium: 63.47mg (6.35%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.56mg (3.75%), Folate: 14.88µg (3.72%), Potassium: 120.89mg (3.45%), Iron: 0.62mg (3.44%), Magnesium: 12.27mg (3.07%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.72%), Vitamin B3: 0.53mg (2.63%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.23mg (2.25%), Vitamin A: 90.8IU (1.82%), Phosphorus: 17.32mg (1.73%)