



Cherry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



6

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounce cherries dark sweet frozen pitted
- ☐ 2 tablespoons grenadine syrup
- ☐ 1.5 cups juice of lemon fresh (9 lemons)
- ☐ 0.8 cup sugar
- ☐ 5 cups water

Equipment

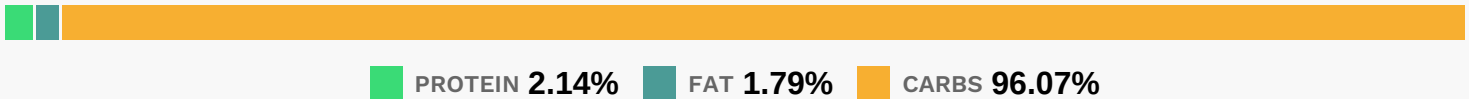
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Combine first 3 ingredients in a large saucepan; bring to a boil, stirring to dissolve sugar. Cover, reduce heat, and simmer 3 minutes.
- ☐ Pour into a bowl; chill at least 1 hour or until cold.
- ☐ Strain mixture through a sieve into a pitcher; discard cherries. Stir in lemon juice and grenadine.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:24.23, Inflammation Score:-3, Nutrition Score:3.7126086198765%

Flavonoids

Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg, Cyanidin: 22.84mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 175.16kcal (8.76%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 43.89g (15.96%), Sugar: 39.27g (43.63%), Cholesterol: 0mg (0%), Sodium: 12.52mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 28.9mg (35.03%), Fiber: 1.77g (7.08%), Potassium: 233.03mg (6.66%), Copper: 0.09mg (4.51%), Folate: 15.22µg (3.81%), Magnesium: 14.21mg (3.55%), Vitamin B6: 0.07mg (3.26%), Manganese: 0.06mg (3.06%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.04mg (2.32%), Vitamin B5: 0.23mg (2.3%), Phosphorus: 21.02mg (2.1%), Calcium: 20.05mg (2.01%), Iron: 0.34mg (1.87%), Vitamin K: 1.59µg (1.51%), Vitamin A: 52.04IU (1.04%)