



Citrus Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- 12 cups ice cubes
- 4 juice of lemon juiced
- 4 juice of lime juiced
- 4 juice of orange juiced
- 3 quarts water cold
- 1 cup sugar white to taste

Equipment

Directions

- Pour the sugar, lemon juice, lime juice, and orange juice into a gallon-sized container; stir until the sugar has dissolved.
- Serve over ice with a slice of lime if desired.

Nutrition Facts

 PROTEIN 1.05%  FAT 1.35%  CARBS 97.6%

Properties

Glycemic Index:10.17, Glycemic Load:12.7, Inflammation Score:-1, Nutrition Score:1.7734782903091%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 4.73mg, Hesperetin: 4.73mg, Hesperetin: 4.73mg, Hesperetin: 4.73mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 77.87kcal (3.89%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 20.1g (7.31%), Sugar: 18.73g (20.82%), Cholesterol: 0mg (0%), Sodium: 24.33mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 16.87mg (20.45%), Copper: 0.09mg (4.5%), Folate: 9µg (2.25%), Magnesium: 8.33mg (2.08%), Calcium: 18.56mg (1.86%), Potassium: 62.33mg (1.78%), Vitamin B1: 0.02mg (1.53%)