



## Cool Lavender Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



86 kcal

BEVERAGE

DRINK

### Ingredients

- 3 culinary lavender buds
- 1 slices mint leaves
- 1.5 cups juice of lemon frozen thawed
- 4 mint leaves
- 1 cup sugar
- 7 cups water

### Equipment

- sieve

## Directions

- Bring 7 cups water to a boil over medium–high heat. Stir in 1 cup sugar, and cook, stirring constantly, 1 to 2 minutes or until sugar dissolves; remove from heat. Stir in lemon juice, mint sprigs, and lavender sprigs; let stand at least 2 hours.
- Pour lemonade mixture through a wire–mesh strainer into a large pitcher, discarding herbs.
- Serve over ice.
- Garnish, if desired.
- \*2 tablespoons dried lavender flowers may be substituted.

## Nutrition Facts

**PROTEIN 0.65%** **FAT 1.56%** **CARBS 97.79%**

## Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:1.3191304278115%

## Flavonoids

Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg Hesperetin: 5.35mg, Hesperetin: 5.35mg, Hesperetin: 5.35mg, Hesperetin: 5.35mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 85.55kcal (4.28%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 22.4g (8.15%), Sugar: 20.88g (23.2%), Cholesterol: 0mg (0%), Sodium: 9mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 14.36mg (17.41%), Folate: 7.89µg (1.97%), Copper: 0.04mg (1.77%), Potassium: 40.94mg (1.17%), Magnesium: 4.25mg (1.06%)