

Cranberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

107 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 6 ounce lemonade concentrate frozen thawed canned
- ☐ 0.5 cup sugar
- ☐ 5 cups water divided

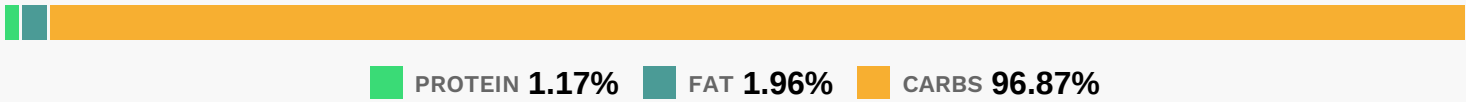
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together 2 cups water and sugar in a small saucepan over medium heat, stirring until sugar dissolves.
- ☐ Stir together sugar mixture, thawed lemonade concentrate, cranberry juice, and remaining 3 cups water. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:12.12, Inflammation Score:-1, Nutrition Score:1.6773913262979%

Nutrients (% of daily need)

Calories: 106.75kcal (5.34%), Fat: 0.25g (0.38%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 27.58g (10.03%), Sugar: 26.73g (29.7%), Cholesterol: 0mg (0%), Sodium: 8.72mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 9.29mg (11.26%), Vitamin E: 0.93mg (6.17%), Vitamin K: 3.9µg (3.72%), Copper: 0.06mg (3.18%), Vitamin B6: 0.04mg (2.14%), Potassium: 70.89mg (2.03%), Magnesium: 6.93mg (1.73%), Iron: 0.21mg (1.17%), Phosphorus: 11.06mg (1.11%), Calcium: 10.91mg (1.09%)