

Easy Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup juice of lemon fresh
- 2 quarts water
- 0.5 cup granulated sugar white

Equipment

- frying pan

Directions

- In a large pan, combine water and sugar.
- Heat until the sugar just melts.
- Remove from heat and pour in lemon juice.
- Mix well and chill in refrigerator before serving.
- Garnish with lemon, lime or orange slices.

Nutrition Facts

PROTEIN 0.56% **FAT 1.49%** **CARBS 97.95%**

Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:0.84739128038611%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 53.16kcal (2.66%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 13.96g (5.08%), Sugar: 13.05g (14.5%), Cholesterol: 0mg (0%), Sodium: 12.18mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 8.85mg (10.73%), Copper: 0.04mg (2.12%), Folate: 4.57µg (1.14%)