



Easy Strawberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

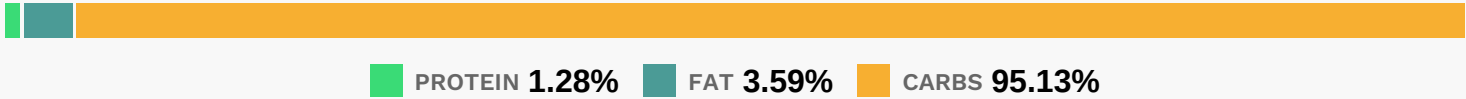
- ☐ 12 fluid ounce lemonade concentrate frozen thawed canned
- ☐ 10 ounce strawberries frozen thawed
- ☐ 4.5 cups water

Equipment

Directions

- ☐ In a large pitcher, mix together lemonade concentrate and water. Stir in strawberries.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:2.2156521707125%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 78.62kcal (3.93%), Fat: 0.33g (0.51%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 19.21g (6.99%), Sugar: 17.18g (19.09%), Cholesterol: 0mg (0%), Sodium: 8.09mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 21.32mg (25.84%), Manganese: 0.11mg (5.7%), Fiber: 0.67g (2.69%), Folate: 9.29µg (2.32%), Potassium: 68.92mg (1.97%), Magnesium: 7.23mg (1.81%), Copper: 0.04mg (1.76%), Vitamin B6: 0.02mg (1.02%), Calcium: 10.21mg (1.02%)