



Farm Stand Lemonade



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



387 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup heavy cream
- ☐ 4 servings ice cubes
- ☐ 4 optional: lemon
- ☐ 0.8 cup juice of lemon freshly squeezed 3 lemons
- ☐ 1 cup sugar
- ☐ 4 shots citrus vodka flavored
- ☐ 4.5 cups water divided

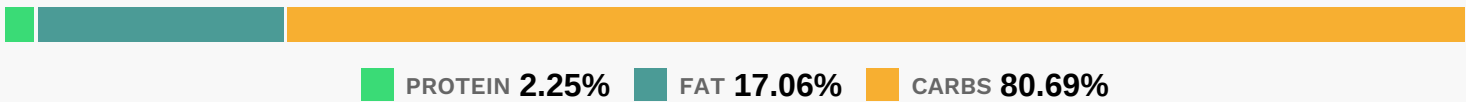
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, combine the sugar and 1 cup of the water.
- ☐ Heat until the sugar has just dissolved.
- ☐ Remove the pan from heat and cool the mixture to room temperature.
- ☐ In a pitcher, add the lemon juice and room temperature or chilled syrup. Stir in the remaining 3 1/2 cups of cold water and the heavy cream.
- ☐ Add the vodka, if desired.
- ☐ Serve chilled over ice garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:36.7, Inflammation Score:-6, Nutrition Score:7.3386955326018%

Flavonoids

Eriodictyol: 25.3mg, Eriodictyol: 25.3mg, Eriodictyol: 25.3mg, Eriodictyol: 25.3mg Hesperetin: 36.75mg, Hesperetin: 36.75mg, Hesperetin: 36.75mg, Hesperetin: 36.75mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 386.93kcal (19.35%), Fat: 5.96g (9.17%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 60.28g (21.92%), Sugar: 54.19g (60.21%), Cholesterol: 16.81mg (5.6%), Sodium: 23.69mg (1.03%), Alcohol: 14.82g (100%), Alcohol %: 3.21% (100%), Protein: 1.77g (3.54%), Vitamin C: 75.03mg (90.95%), Fiber: 3.16g (12.65%), Potassium: 211.74mg (6.05%), Vitamin B6: 0.11mg (5.63%), Copper: 0.11mg (5.42%), Folate: 21.63µg (5.41%), Calcium: 50.81mg (5.08%), Vitamin A: 245.17IU (4.9%), Vitamin B2: 0.07mg (4.06%), Iron: 0.73mg (4.05%), Vitamin B1: 0.06mg (3.96%), Magnesium: 15.65mg (3.91%), Phosphorus: 31.79mg (3.18%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.37mg (2.45%), Manganese: 0.04mg (2%), Selenium: 1.22µg (1.75%), Vitamin D: 0.24µg (1.59%), Zinc: 0.16mg (1.07%)