

# Fresh Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



309 kcal

BEVERAGE

DRINK

## Ingredients

- 4 cups ice cubes crushed
- 10 lemons
- 3 cups water
- 2 cups sugar white

## Equipment

- bowl

## Directions

- Cut 1/2 of one lemon into thin slices and set aside. Juice remaining 9 1/2 lemons and pour into a glass pitcher or punch bowl. Stir in the water and sugar until dissolved.
- Pour in the crushed ice and float the lemon slices on top.

## Nutrition Facts



## Properties

Glycemic Index:15.93, Glycemic Load:49.53, Inflammation Score:-5, Nutrition Score:8.0043478115745%

## Flavonoids

Eriodictyol: 38.45mg, Eriodictyol: 38.45mg, Eriodictyol: 38.45mg, Eriodictyol: 38.45mg Hesperetin: 50.22mg, Hesperetin: 50.22mg, Hesperetin: 50.22mg, Hesperetin: 50.22mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 308.87kcal (15.44%), Fat: 0.75g (1.16%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 78.14g (28.41%), Sugar: 71.03g (78.93%), Cholesterol: 0mg (0%), Sodium: 18.07mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 95.4mg (115.64%), Fiber: 5.04g (20.16%), Vitamin B6: 0.14mg (7.2%), Potassium: 249.73mg (7.14%), Iron: 1.11mg (6.19%), Copper: 0.12mg (5.77%), Calcium: 55.75mg (5.57%), Folate: 19.8µg (4.95%), Vitamin B1: 0.07mg (4.8%), Magnesium: 17.16mg (4.29%), Vitamin B5: 0.34mg (3.42%), Phosphorus: 28.8mg (2.88%), Vitamin B2: 0.05mg (2.86%), Manganese: 0.06mg (2.83%), Vitamin E: 0.27mg (1.8%), Selenium: 1.12µg (1.6%)