



Fresh Raspberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



8

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.8 cups juice of lemon fresh (13 medium lemons)
- ☐ 0.5 cup orange juice fresh (1 orange)
- ☐ 2 cups raspberries fresh
- ☐ 16 ounces seltzer water chilled
- ☐ 0.8 cup sugar
- ☐ 2 cups water divided

Equipment

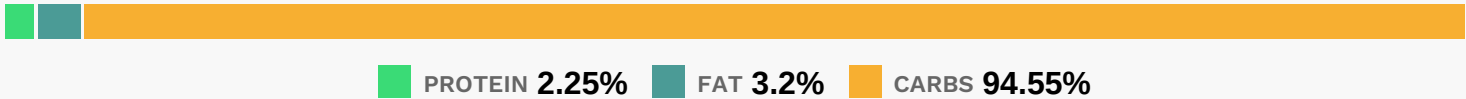
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine sugar and 3/4 cup water in a small saucepan; bring to a boil. Cook 2 minutes, stirring until sugar dissolves. Cool to room temperature.
- ☐ Combine remaining 1 1/4 cups water and raspberries in a blender; pulse 10 times or until well blended. Strain mixture through a fine sieve into a large pitcher; discard solids.
- ☐ Add orange juice, lemon juice, sparkling water, and cooled syrup to pitcher; stir to combine.
- ☐ Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:14.33, Inflammation Score:-3, Nutrition Score:4.3604347485563%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg Hesperetin: 9.58mg, Hesperetin: 9.58mg, Hesperetin: 9.58mg, Hesperetin: 9.58mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 106.5kcal (5.33%), Fat: 0.41g (0.64%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 25.4g (9.24%), Sugar: 22.69g (25.21%), Cholesterol: 0mg (0%), Sodium: 16.04mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin C: 36.27mg (43.96%), Manganese: 0.21mg

(10.54%), Fiber: 2.14g (8.56%), Folate: 21.63µg (5.41%), Potassium: 132.79mg (3.79%), Magnesium: 12.67mg (3.17%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.42%), Vitamin B6: 0.05mg (2.36%), Vitamin E: 0.35mg (2.32%), Vitamin K: 2.36µg (2.24%), Vitamin B5: 0.2mg (1.98%), Calcium: 17.2mg (1.72%), Iron: 0.3mg (1.64%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 15.6mg (1.56%), Zinc: 0.22mg (1.5%), Vitamin B3: 0.29mg (1.45%)