



Fresh-Squeezed Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients



1.5 cups juice of lemon fresh (8 large lemons)



1 tablespoon lemon rind grated



1.5 cups sugar



0.5 cup water boiling



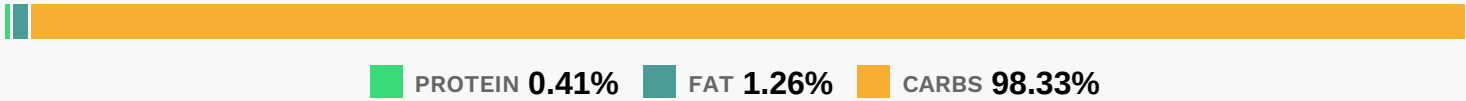
5 cups water

Equipment

Directions

- ☐ Stir together 1 1/2 cups sugar and 1/2 cup boiling water until sugar is dissolved. Stir in lemon rind, lemon juice, and 5 cups water. Cover and chill.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:10.47, Inflammation Score:-1, Nutrition Score:0.64217392306613%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 61.92kcal (3.1%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.44g (17.16%), Cholesterol: 0mg (0%), Sodium: 3.6mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin C: 7.47mg (9.05%)