



## Ginger-Cider Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

BEVERAGE

DRINK

### Ingredients

- 7 cups apple cider
- 1 inch ginger fresh peeled thinly sliced
- 5 lemons halved
- 0.5 cup sugar
- 2 cups water

### Equipment

- bowl
- frying pan

sauce pan

sieve

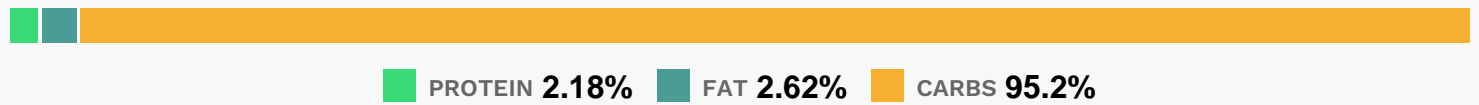
## Directions

Bring first 3 ingredients to a boil in a saucepan; cook 1 minute.

Remove from heat.

Add lemons to pan and let mixture stand 30 minutes. Squeeze juice from lemons. Strain mixture through a sieve into a bowl. Discard solids. Stir in cider and chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.13, Glycemic Load:15.37, Inflammation Score:-3, Nutrition Score:3.8200000304243%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 130.71kcal (6.54%), Fat: 0.41g (0.64%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.93g (11.61%), Sugar: 27.23g (30.26%), Cholesterol: 0mg (0%), Sodium: 10.24mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 30.14mg (36.54%), Fiber: 1.86g (7.43%), Manganese: 0.14mg (7.02%), Potassium: 244.48mg (6.99%), Vitamin B1: 0.06mg (3.76%), Vitamin B6: 0.07mg (3.7%), Magnesium: 13.35mg (3.34%), Iron: 0.53mg (2.95%), Calcium: 28.89mg (2.89%), Copper: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.41%), Phosphorus: 20.44mg (2.04%), Vitamin B5: 0.19mg (1.85%), Folate: 6.02µg (1.5%)