

# Ginger Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



20

CALORIES



130 kcal

BEVERAGE

DRINK

## Ingredients

- 14 slices ginger root fresh
- 4 cups juice of lemon fresh
- 2 lemons sliced
- 4 quarts water
- 3 cups sugar white

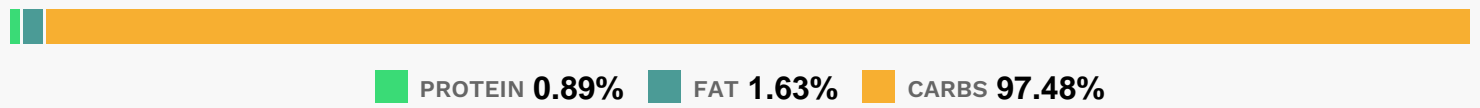
## Equipment

- sauce pan

## Directions

- In an 8-quart saucepan combine sugar, water and ginger root.
- Heat to boiling, stirring occasionally.
- Remove from heat.
- Stir in lemon juice. Cool 15 minutes.
- Remove ginger. Refrigerate lemonade at least 1 hour, or until chilled.
- Serve over ice, and garnish with lemon slices.

## Nutrition Facts



## Properties

Glycemic Index:5.53, Glycemic Load:21.16, Inflammation Score:-2, Nutrition Score:2.1813043375378%

## Flavonoids

Eriodictyol: 4.69mg, Eriodictyol: 4.69mg, Eriodictyol: 4.69mg, Eriodictyol: 4.69mg Hesperetin: 10.07mg, Hesperetin: 10.07mg, Hesperetin: 10.07mg, Hesperetin: 10.07mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 130.49kcal (6.52%), Fat: 0.26g (0.39%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 34.03g (12.37%), Sugar: 31.46g (34.96%), Cholesterol: 0mg (0%), Sodium: 10.65mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin C: 24.68mg (29.91%), Folate: 11.1µg (2.78%), Copper: 0.05mg (2.37%), Potassium: 71.58mg (2.05%), Fiber: 0.48g (1.91%), Vitamin B6: 0.03mg (1.67%), Magnesium: 6.29mg (1.57%), Calcium: 11.94mg (1.19%), Vitamin B1: 0.02mg (1.09%)