



Ginger Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



20

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- 12 slices ginger (2-inch piece)
- 4 cups juice of lemon fresh (24 lemons)
- 2 optional: lemon sliced
- 3 cups sugar
- 4 quarts water

Equipment

- dutch oven

Directions

- Mix sugar, water and gingerroot in 8-quart Dutch oven.
- Heat to boiling, stirring occasionally; remove from heat. Cool 15 minutes.
- Remove gingerroot.
- Pour sugar mixture into pitcher or large glass or plastic container. Stir in lemon juice. Refrigerate at least 1 hour until chilled.
- Serve lemonade over ice with lemon slices.

Nutrition Facts

PROTEIN 0.88% **FAT 1.62%** **CARBS 97.5%**

Properties

Glycemic Index:5.53, Glycemic Load:21.15, Inflammation Score:-2, Nutrition Score:2.1726086742204%

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: 130.33kcal (6.52%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 33.99g (12.36%), Sugar: 31.46g (34.96%), Cholesterol: 0mg (0%), Sodium: 10.62mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 24.67mg (29.9%), Folate: 11.08µg (2.77%), Copper: 0.05mg (2.34%), Potassium: 70.75mg (2.02%), Fiber: 0.47g (1.89%), Vitamin B6: 0.03mg (1.65%), Magnesium: 6.2mg (1.55%), Calcium: 11.91mg (1.19%), Vitamin B1: 0.02mg (1.09%)