



Ginger-Zapped Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup ginger fresh grated peeled



1.5 cups juice of lemon fresh 8 lemons



1 cup sugar



6 cups water divided

Equipment



sauce pan



whisk

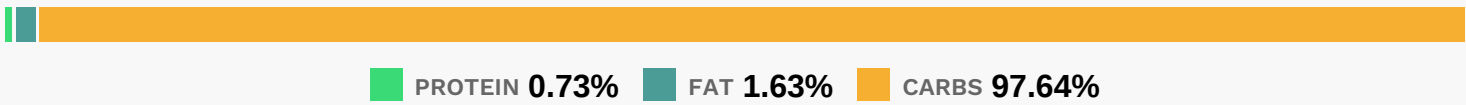


cheesecloth

Directions

- ☐ Combine 1 cup water and sugar in a small saucepan over medium-high heat; cook 5 minutes or until sugar dissolves, stirring with a whisk.
- ☐ Place ginger on a double layer of cheesecloth. Gather edges of cheesecloth; tie securely.
- ☐ Place the cheesecloth bag in a large pitcher, and add lemon juice.
- ☐ Add the sugar mixture and remaining 5 cups water to pitcher, and stir well. Refrigerate the lemonade for 2 hours or until chilled. Discard cheesecloth bag.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.52, Inflammation Score:-1, Nutrition Score:1.6343477998415%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 108.71kcal (5.44%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 28.39g (10.32%), Sugar: 26.15g (29.06%), Cholesterol: 0mg (0%), Sodium: 9.97mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 17.86mg (21.64%), Folate: 9.48µg (2.37%), Copper: 0.04mg (2.21%), Potassium: 60.07mg (1.72%), Magnesium: 5.81mg (1.45%), Vitamin B6: 0.03mg (1.29%)