



Grown-Up Frozen Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



13 min.

SERVINGS



10

CALORIES



42 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups ice cubes
- ☐ 1 slices optional: lemon
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest
- ☐ 0.5 cup sugar

Equipment

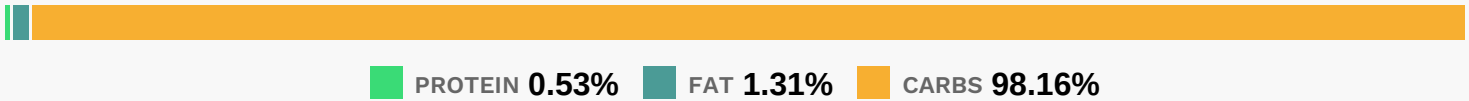
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Combine sugar and 1/2 cup water in a small saucepan, and cook over medium heat, stirring often, 3 minutes or until sugar dissolves.
- ☐ Remove pan from heat; stir in lemon zest.
- ☐ Let cool to room temperature, about 30 minutes.
- ☐ Strain mixture through a fine wire-mesh sieve into a blender, pressing solids with a wooden spoon to extract liquid. Discard solids.
- ☐ Add ice cubes, lemon juice, and limoncello, if desired, to blender and process until smooth and slushy.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:0.52347826423204%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.67kcal (2.08%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.84g (3.94%), Sugar: 10.33g (11.48%), Cholesterol: 0mg (0%), Sodium: 3.82mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 5.87mg (7.11%)