



Healthy & Delicious: Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

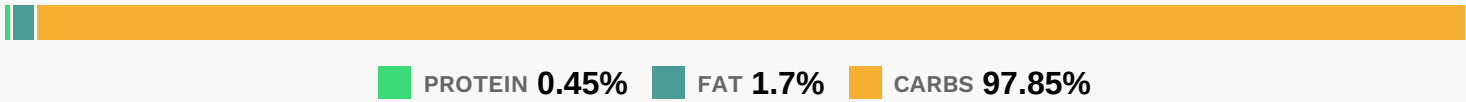
- ☐ 4 servings agave nectar to taste
- ☐ 2 basil washed
- ☐ 6 ice cubes
- ☐ 2 juice of lemon juiced
- ☐ 2 pints water ice cold

Equipment

Directions

- ☐ Blend the lemon juice and basil leaves together until completely pulverized.
- ☐ Add ice cold water and ice cubes.
- ☐ Blend until ice is completely crushed.
- ☐ Add agave nectar (or sweetener of your choice) to taste.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:1.5299999849952%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 68.45kcal (3.42%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 16.99g (6.18%), Sugar: 14.66g (16.29%), Cholesterol: 0mg (0%), Sodium: 13.88mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 9.41mg (11.41%), Vitamin K: 5.55µg (5.29%), Vitamin B6: 0.06mg (2.82%), Folate: 9.44µg (2.36%), Copper: 0.05mg (2.31%), Vitamin B2: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.95%), Vitamin E: 0.23mg (1.53%)