



Homemade Lemonade – 7 Ways



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



439 kcal

BEVERAGE

DRINK

Ingredients



4 cups juice of lemon (fresh-squeezed if possible)



2 cups sugar

Equipment

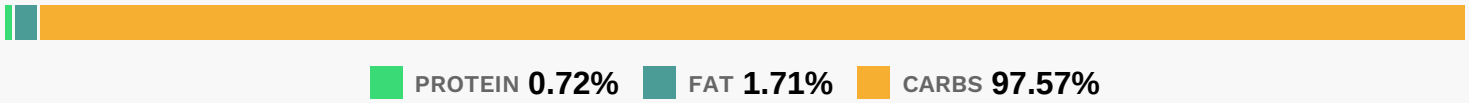


sauce pan

Directions

- ☐
- In a saucepan, bring the ingredients to a boil, and turn off heat.Cool and transfer to a glass jar.In pitcher, put one part lemonade mixture and 3 parts water and ice.
- ☐
- Mix thoroughly from the bottom up

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:69.81, Inflammation Score:-5, Nutrition Score:6.8160869569882%

Flavonoids

Eriodictyol: 11.91mg, Eriodictyol: 11.91mg, Eriodictyol: 11.91mg, Eriodictyol: 11.91mg Hesperetin: 35.31mg, Hesperetin: 35.31mg, Hesperetin: 35.31mg, Hesperetin: 35.31mg Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg, Naringenin: 3.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 438.68kcal (21.93%), Fat: 0.91g (1.39%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 116.44g (38.81%), Net Carbohydrates: 115.7g (42.07%), Sugar: 105.95g (117.72%), Cholesterol: 0mg (0%), Sodium: 3.44mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin C: 94.43mg (114.46%), Folate: 48.8µg (12.2%), Potassium: 253.32mg (7.24%), Vitamin B6: 0.11mg (5.61%), Vitamin B1: 0.06mg (3.9%), Magnesium: 14.64mg (3.66%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.32mg (3.2%), Fiber: 0.73g (2.93%), Vitamin E: 0.37mg (2.44%), Copper: 0.05mg (2.3%), Phosphorus: 19.52mg (1.95%), Manganese: 0.03mg (1.66%), Calcium: 15.64mg (1.56%), Iron: 0.25mg (1.36%), Selenium: 0.84µg (1.21%), Vitamin B3: 0.22mg (1.11%)