



Homemade Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

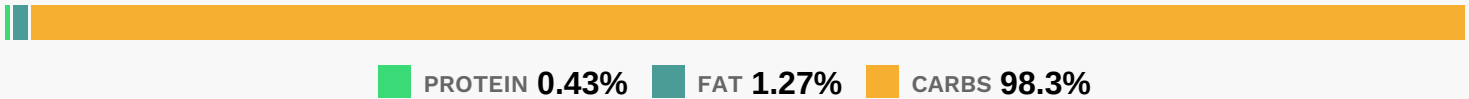
- ☐ 1 slices garnish: lemon
- ☐ 1.5 cups juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 1.5 cups sugar
- ☐ 0.5 cup water boiling
- ☐ 5 cups water cold

Equipment

Directions

- ☐ Stir together sugar and 1/2 cup boiling water until sugar dissolves.
- ☐ Stir in lemon rind, lemon juice, and 5 cups cold water. Chill 8 hours.
- ☐ Garnish, if desired.
- ☐ * Lime-Substitute: 2 teaspoons grated lime rind for lemon rind and 1 1/2 cups fresh lime for lemon juice.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:26.19, Inflammation Score:-1, Nutrition Score:1.6191303974584%

Flavonoids

Eriodictyol: 2.42mg, Eriodictyol: 2.42mg, Eriodictyol: 2.42mg, Eriodictyol: 2.42mg Hesperetin: 6.86mg, Hesperetin: 6.86mg, Hesperetin: 6.86mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 154.93kcal (7.75%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 40.45g (14.71%), Sugar: 38.62g (42.91%), Cholesterol: 0mg (0%), Sodium: 9.01mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin C: 18.81mg (22.8%), Folate: 9.31µg (2.33%), Copper: 0.04mg (1.84%), Potassium: 49.88mg (1.43%), Magnesium: 4.52mg (1.13%), Vitamin B6: 0.02mg (1.13%)