



Hot Pink Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup blueberries
- 2 cups ice cubes
- 2.3 cups juice of lemon fresh
- 1 cup water
- 7 cups cool water
- 2 cups sugar white

Equipment

- sauce pan

Directions

- Boil one cup of water with the sugar in a saucepan over medium-high heat, stirring until the liquid becomes clear.
- Remove from heat and stir in the lemon juice.
- Pour 7 cups of cool water and ice into a serving pitcher.
- Add the lemon syrup and blueberries; stir until you get a 'hot pink' color.

Nutrition Facts

PROTEIN 0.59% FAT 1.44% CARBS 97.97%

Properties

Glycemic Index:18.35, Glycemic Load:47.44, Inflammation Score:-3, Nutrition Score:3.75608688885206%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 0.49g (0.76%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 75.4g (25.13%), Net Carbohydrates: 74.68g (27.16%), Sugar: 70.68g (78.54%), Cholesterol: 0mg (0%), Sodium: 21.48mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 37.21mg (45.1%), Folate: 19.41µg (4.85%), Copper: 0.09mg (4.65%), Manganese: 0.08mg (3.79%), Vitamin K: 3.57µg (3.4%), Potassium: 109.82mg (3.14%), Fiber: 0.72g (2.87%), Magnesium: 10.54mg (2.64%), Vitamin B6: 0.05mg (2.59%), Vitamin B2: 0.03mg (2%), Vitamin B1: 0.03mg (1.92%), Calcium: 19.1mg (1.91%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.14mg (1.43%)