



Italian Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



277 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 bunch basil fresh washed and stemmed
- ☐ 6 servings ice cubes
- ☐ 6 servings lemon twists for garnish
- ☐ 2 cups juice of lemon
- ☐ 2 cups seltzer water cold
- ☐ 2 cups sugar
- ☐ 1 cup water

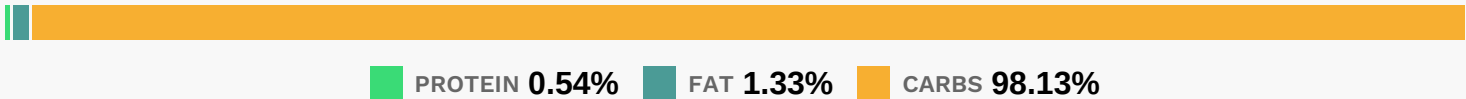
Equipment

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix lemon juice, Basil Simple Syrup, and water together in a pitcher. Store in the refrigerator until ready to serve.
- ☐ Pour over ice filled glasses and garnish with a lemon twist.
- ☐ In a saucepan combine basil, sugar, and water and simmer until the sugar is dissolved, 5 minutes. Cool, strain the simple syrup, and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:46.67, Inflammation Score:-2, Nutrition Score:3.3943477441435%

Flavonoids

Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg, Eriodictyol: 5.46mg Hesperetin: 13.72mg, Hesperetin: 13.72mg, Hesperetin: 13.72mg, Hesperetin: 13.72mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 276.9kcal (13.84%), Fat: 0.44g (0.67%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 72.7g (24.23%), Net Carbohydrates: 72.24g (26.27%), Sugar: 68.76g (76.4%), Cholesterol: 0mg (0%), Sodium: 23.01mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 35.43mg (42.94%), Vitamin K: 5.53µg (5.27%), Folate: 17.94µg (4.49%), Potassium: 100.28mg (2.87%), Copper: 0.05mg (2.27%), Vitamin B6: 0.05mg (2.25%), Magnesium: 8.04mg (2.01%), Fiber: 0.46g (1.85%), Calcium: 16.53mg (1.65%), Vitamin B2: 0.03mg (1.6%), Vitamin A: 76.75IU (1.54%), Manganese: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.12mg (1.23%), Iron: 0.19mg (1.06%)