



Land of the Free Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups juice of lemon fresh (8 large lemons)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 4 cups watermelon chopped

Equipment

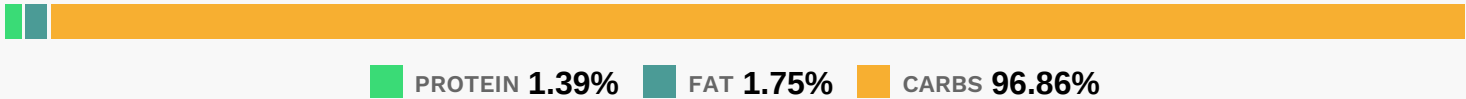
- ☐ food processor
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Bring 6 cups water, sugar and salt to a boil in a medium saucepan over high heat, stirring occasionally.
- ☐ Remove saucepan from heat, add reserved lemons, cover, and let stand for 10 minutes.
- ☐ Meanwhile, puree chopped watermelon in a blender or food processor with 1 cup water.
- ☐ Pour syrup and watermelon puree through a strainer into a pitcher. Stir in lemon juice. (Lemonade can be made up to 1 day ahead.)
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:20.16, Inflammation Score:-3, Nutrition Score:2.2843477824784%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 120.4kcal (6.02%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 31.21g (11.35%), Sugar: 29.12g (32.35%), Cholesterol: 0mg (0%), Sodium: 49.61mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 19.84mg (24.05%), Vitamin A: 290.73IU (5.81%), Potassium: 99.14mg (2.83%), Folate: 9.65µg (2.41%), Vitamin B6: 0.04mg (2.08%), Magnesium: 7.51mg (1.88%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.17mg (1.65%), Copper: 0.03mg (1.48%), Fiber: 0.32g (1.3%), Vitamin B2: 0.02mg (1.26%), Manganese: 0.03mg (1.26%)