



Lavender Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup lavender leaves fresh chopped
- ☐ 5 servings lavender stems
- ☐ 1 cup juice of lemon fresh (6 lemons)
- ☐ 0.7 cup sugar
- ☐ 4 cups water divided

Equipment

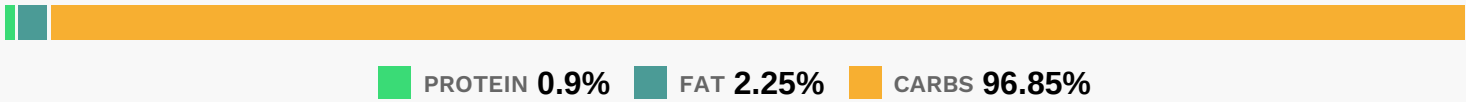
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring 1 cup water to a boil in a medium saucepan.
- ☐ Combine the boiling water and lavender in a medium bowl; cover and steep 30 minutes. Strain the lavender mixture through a fine sieve into a bowl; discard lavender leaves.
- ☐ Combine 3 cups water and sugar in saucepan. Bring the mixture to a boil, and cook 1 minute or until sugar is dissolved.
- ☐ Combine lavender water, sugar syrup, and lemon juice in a pitcher. Cover and chill.
- ☐ Serve over ice.
- ☐ Garnish lemonade with lavender stems, if desired.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:18.62, Inflammation Score:-1, Nutrition Score:1.8947825846465%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 119.28kcal (5.96%), Fat: 0.32g (0.5%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 31.1g (11.31%), Sugar: 27.84g (30.94%), Cholesterol: 0mg (0%), Sodium: 10.22mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 20.33mg (24.64%), Calcium: 35.27mg (3.53%), Folate: 9.76µg (2.44%), Copper: 0.04mg (2%), Iron: 0.29mg (1.61%), Potassium: 50.8mg (1.45%), Magnesium: 4.82mg (1.21%), Vitamin B6: 0.02mg (1.12%)