



Lavender Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients



1 cup lavender flowers



1 cup juice of lemon



1 cup sugar



2 cups water cold

Equipment

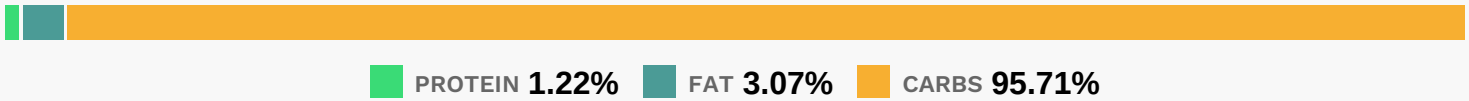


plastic wrap

Directions

- ☐
- Place the lavender in a pitcher; pour the boiling water over the lavender; cover with plastic wrap and allow to steep 10 minutes; strain and discard the lavender from the water and return the water to the pitcher.
- ☐
- Add the cold water, lemon juice, and sugar to the pitcher and stir until the sugar dissolves. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-2, Nutrition Score:2.1656521630028%

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 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: 155.25kcal (7.76%), Fat: 0.57g (0.88%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 39.92g (14.52%), Sugar: 34.29g (38.1%), Cholesterol: 0mg (0%), Sodium: 4.68mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 20.14mg (24.41%), Calcium: 85.81mg (8.58%), Iron: 0.78mg (4.31%), Vitamin A: 112.44IU (2.25%), Folate: 8.13µg (2.03%), Potassium: 42.55mg (1.22%), Copper: 0.02mg (1.07%)