



Lavender Lemonade with Hibiscus



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients



1.5 teaspoons hibiscus petals dried



2 tablespoons lavender flowers dried



1.5 cups juice of lemon



3 cups water



1.3 cups sugar white

Equipment

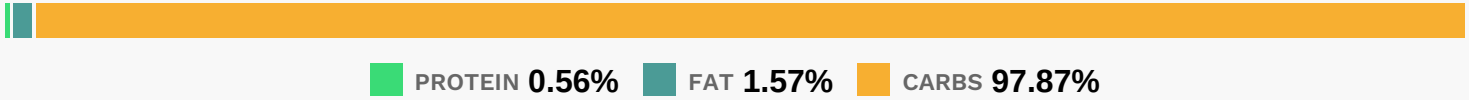


sauce pan

Directions

- ☐ Mix 3 cups water and lemon juice in a large pitcher. Refrigerate until chilled.
- ☐ Bring remaining 3 cups water, sugar, lavender, and hibiscus petals to a boil in a saucepan. Reduce heat to medium-low and simmer for 10 minutes.
- ☐ Remove from heat and allow to cool. Strain lavender and hibiscus from liquid and pour into pitcher with lemon water. Refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:21.82, Inflammation Score:-1, Nutrition Score:1.5578260991884%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 132.21kcal (6.61%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 34.56g (12.57%), Sugar: 32.34g (35.93%), Cholesterol: 0mg (0%), Sodium: 5.24mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 18.16mg (22.01%), Folate: 9.16µg (2.29%), Calcium: 14.04mg (1.4%), Potassium: 47.93mg (1.37%), Copper: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.05%)