



Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- 1 slices optional: lemon
- 1.3 cups juice of lemon fresh
- 2 cups sugar
- 3 quarts water

Equipment

Directions

- Combine water and sugar in a large container, stirring until sugar dissolves.
- Add lemon juice; mix well. Chill thoroughly.
- Pour into serving glasses, and garnish with lemon slices and mint leaves, if desired.

Nutrition Facts

PROTEIN 0.28% FAT 1.1% CARBS 98.62%

Properties

Glycemic Index:6.83, Glycemic Load:19.95, Inflammation Score:-1, Nutrition Score:0.88217392231783%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg, Hesperetin: 3.5mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 115.26kcal (5.76%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 30.02g (10.92%), Sugar: 29.11g (32.35%), Cholesterol: 0mg (0%), Sodium: 10.67mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%), Vitamin C: 9.26mg (11.22%), Copper: 0.04mg (1.92%), Folate: 4.7µg (1.18%)