



Limonana - Frozen Mint Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

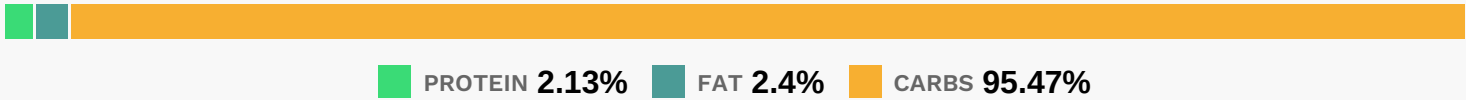
- ☐ 1 cup mint leaves fresh
- ☐ 3.5 cups ice cubes
- ☐ 1 cup juice of lemon fresh
- ☐ 6 mint leaves for garnish
- ☐ 0.5 cup sugar to taste ()
- ☐ 1.8 cups water divided ()

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Limonana – Frozen Mint Lemonade
- ☐ Ingredients1/2 cup sugar (or more to taste)1 3/4 cups water (divided)1 cup fresh lemon juice3 1/2 cups ice1 cup fresh mint leaves6 mint sprigs for garnish (optional)
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-5, Nutrition Score:4.2821738279384%

Flavonoids

Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg, Eriodictyol: 6.92mg Hesperetin: 10.12mg, Hesperetin: 10.12mg, Hesperetin: 10.12mg, Hesperetin: 10.12mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 118.6kcal (5.93%), Fat: 0.35g (0.53%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 29.8g (10.84%), Sugar: 26.49g (29.43%), Cholesterol: 0mg (0%), Sodium: 20.34mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 27.66mg (33.53%), Vitamin A: 545.28IU (10.91%), Manganese: 0.16mg (7.91%), Folate: 26.74µg (6.68%), Copper: 0.1mg (5.16%), Fiber: 1.2g (4.81%), Calcium: 44.21mg (4.42%), Magnesium: 16.97mg (4.24%), Iron: 0.71mg (3.94%), Potassium: 135.88mg (3.88%), Vitamin B2: 0.05mg (2.81%), Vitamin B6: 0.04mg (2.23%), Vitamin B1: 0.03mg (1.67%), Phosphorus: 14.19mg (1.42%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.27mg (1.37%), Vitamin B5: 0.12mg (1.23%)