



Lynda Dowling's Lavender Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients



6 servings ice cubes



0.3 cup tablespoon lavender blooms stripped from stems dried fresh generous (a handful)



6 servings lavender sprigs for garnish



1 cup juice of lemon freshly squeezed



1 cup sugar

Equipment

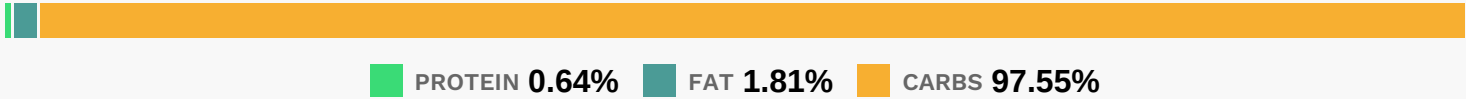


frying pan

Directions

- ☐ Combine sugar with 2 1/2 cups water in a medium pan. Bring to a boil over medium heat, stirring to dissolve the sugar.
- ☐ Add the lavender blooms to the sugar water, cover, and remove from heat.
- ☐ Let stand at least 20 minutes (and up to several hours).
- ☐ Strain mixture and discard lavender.
- ☐ Pour infusion into a glass pitcher.
- ☐ Add lemon juice and another 2 1/2 cups water. Stir well and watch lemonade change color.
- ☐ Pour into tall glasses half-filled with ice or refrigerate until ready to use.
- ☐ Garnish lemonade with fresh lavender sprigs.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-1, Nutrition Score:1.534782587834%

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: 142.26kcal (7.11%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 37g (13.46%), Sugar: 34.29g (38.1%), Cholesterol: 0mg (0%), Sodium: 3.54mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 16.96mg (20.56%), Calcium: 26.82mg (2.68%), Folate: 8.13µg (2.03%), Iron: 0.25mg (1.39%), Potassium: 42.55mg (1.22%)