



## Make-Ahead Lemonade Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

BEVERAGE

DRINK

### Ingredients

- 1.3 cups juice of lemon fresh
- 1.3 cups sugar
- 2.5 cups water

### Equipment

- sauce pan

### Directions

- Combine water and sugar in a heavy saucepan; cook over medium heat, stirring constantly, until sugar dissolves.
- Remove from heat, and cool to room temperature. Stir in fresh lemon juice; cover and chill at least 4 hours. Store in refrigerator up to 4 days.

## Nutrition Facts

**PROTEIN 0.39%** **FAT 1.26%** **CARBS 98.35%**

### Properties

Glycemic Index:7.01, Glycemic Load:18.62, Inflammation Score:-1, Nutrition Score:1.0482608776378%

### Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

### Nutrients (% of daily need)

Calories: 109.82kcal (5.49%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 28.71g (10.44%), Sugar: 27.43g (30.48%), Cholesterol: 0mg (0%), Sodium: 3.55mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin C: 12.59mg (15.26%), Folate: 6.51µg (1.63%)