



## Middle Eastern Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



125 min.

SERVINGS



4

CALORIES



169 kcal

BEVERAGE

DRINK

### Ingredients

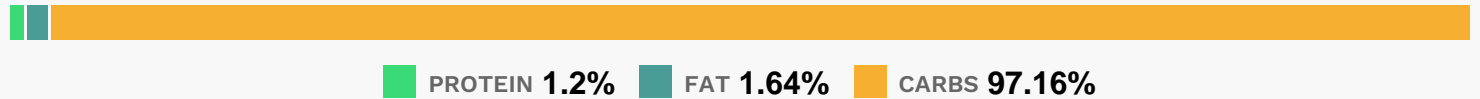
- 0.3 cup mint leaves fresh packed
- 1 cup juice of lemon fresh (6 to 8 lemons)
- 0.5 cranberry-orange relish thinly sliced
- 2 teaspoons orange-flower water
- 0.8 cup caster sugar
- 4 servings lemon vodka for serving, optional

### Equipment

## Directions

- Muddle the sugar and mint in the bottom of a pitcher. Stir in the lemon juice, 4 cups cold water and the orange flower water until the sugar is dissolved.
- Add the orange slices, cover and refrigerate until very cold, about 2 hours.
- Serve over ice.
- For a cocktail version, add a shot of lemon vodka to each glass.

## Nutrition Facts



## Properties

Glycemic Index:34.52, Glycemic Load:26.95, Inflammation Score:-3, Nutrition Score:3.5565217422402%

## Flavonoids

Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg Hesperetin: 15.53mg, Hesperetin: 15.53mg, Hesperetin: 15.53mg, Hesperetin: 15.53mg Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 169.49kcal (8.47%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 43.57g (15.84%), Sugar: 40.67g (45.19%), Cholesterol: 0mg (0%), Sodium: 2mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 36.92mg (44.75%), Folate: 21.09µg (5.27%), Fiber: 1g (3.99%), Potassium: 118.88mg (3.4%), Vitamin A: 161.52IU (3.23%), Manganese: 0.05mg (2.4%), Vitamin B6: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.27%), Magnesium: 8.11mg (2.03%), Calcium: 19.24mg (1.92%), Vitamin B2: 0.03mg (1.87%), Copper: 0.03mg (1.58%), Iron: 0.27mg (1.49%), Vitamin B5: 0.14mg (1.44%), Phosphorus: 10.35mg (1.03%)