



Muddled Lemonberryade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1 pint poached berries strawberries and blackberries preferable
- ☐ 1 quart club soda
- ☐ 4 lemons sliced
- ☐ 0.5 cup mint leaves
- ☐ 1 cup sugar
- ☐ 1 quart water

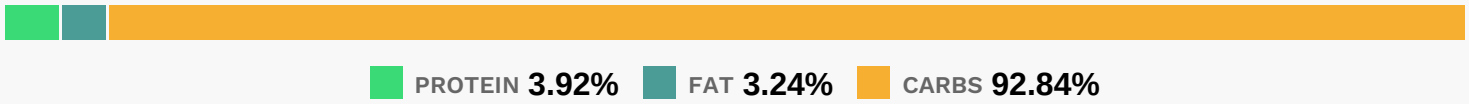
Equipment

- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice lemons and place in the bottom of the drink pitcher.
- ☐ Add 1/2 cup fresh mint and 1 cup sugar on top of lemons. With the wooden spoon mash the mixture for 1 minute.
- ☐ Add the berries and lightly mash.
- ☐ Add 1 quart water and refrigerate until chilled.
- ☐ To serve: Fill a tall glass with ice and fill 3/4 with lemon juice mixture, top with club soda and serve.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:18.99, Inflammation Score:-6, Nutrition Score:7.2600000682084%

Flavonoids

Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 12.4mg, Eriodictyol: 12.4mg, Eriodictyol: 12.4mg, Eriodictyol: 12.4mg Hesperetin: 15.35mg, Hesperetin: 15.35mg, Hesperetin: 15.35mg, Hesperetin: 15.35mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 0.56g (0.86%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 31.16g (11.33%), Sugar: 29.19g (32.43%), Cholesterol: 0mg (0%), Sodium: 33.55mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin C: 41.94mg (50.83%), Manganese: 0.43mg (21.68%), Fiber: 4.87g (19.49%), Vitamin K: 11.71µg (11.15%), Copper: 0.15mg (7.73%), Folate: 23.93µg (5.98%),

Potassium: 189.21mg (5.41%), Magnesium: 20.77mg (5.19%), Vitamin A: 257.93IU (5.16%), Vitamin E: 0.77mg (5.15%), Iron: 0.86mg (4.77%), Calcium: 47.74mg (4.77%), Zinc: 0.51mg (3.4%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.28mg (2.75%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.04mg (2.38%), Phosphorus: 23.71mg (2.37%), Vitamin B2: 0.04mg (2.26%)