



Never Bitter Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



72 min.

SERVINGS



8

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 6 cups water
- ☐ 1 cup sugar white

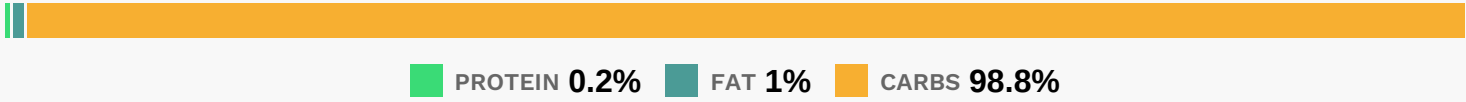
Equipment

- ☐ pot

Directions

- ☐ In a pot combine water, sugar and salt. Bring to a boil and continue to boil for 2 minutes. Chill the sugar water for at least 60 minutes in the refrigerator.
- ☐ In a 2 quart pitcher mix cooled sugar water and lemon juice together.
- ☐ Pour over ice and serve.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:0.59913043823579%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 99.61kcal (4.98%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 25.91g (9.42%), Sugar: 25.33g (28.15%), Cholesterol: 0mg (0%), Sodium: 45.61mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Vitamin C: 5.9mg (7.15%), Copper: 0.03mg (1.63%)