



Not-So-"Hard" Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- 6 grapes green
- 0.3 cup grenadine syrup
- 3 optional: lemon cut in half
- 56 oz optional: lemon chilled
- 3 orange sections cut in half
- 3 small strawberries

Equipment

- frying pan

Directions

- Remove any seeds from orange and lemon slices.
- In ungreased 15x10x1-inch pan, place orange slices, lemon slices, strawberry halves and grapes in single layer. Freeze at least 2 hours until fruit is frozen.
- When ready to serve, pour malt beverage into each of 6 tall glasses.
- Drizzle 1 tablespoon grenadine syrup into each glass.
- Place orange slice, lemon slice, strawberry half and grape in each glass.

Nutrition Facts

PROTEIN 7.34% **FAT 4.48%** **CARBS 88.18%**

Properties

Glycemic Index:46.58, Glycemic Load:17.93, Inflammation Score:-8, Nutrition Score:10.796956559886%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 68.05mg, Eriodictyol: 68.05mg, Eriodictyol: 68.05mg, Eriodictyol: 68.05mg Hesperetin: 90.66mg, Hesperetin: 90.66mg, Hesperetin: 90.66mg, Hesperetin: 90.66mg Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg Luteolin: 6.07mg, Luteolin: 6.07mg, Luteolin: 6.07mg, Luteolin: 6.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 147.66kcal (7.38%), Fat: 0.98g (1.51%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 34.34g (12.49%), Sugar: 17.79g (19.77%), Cholesterol: 0mg (0%), Sodium: 11.31mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin C: 174.53mg (211.55%), Fiber: 9.19g (36.77%), Potassium: 471.31mg (13.47%), Vitamin B6: 0.26mg (13.24%), Iron: 1.96mg (10.89%), Folate: 37.94µg (9.48%), Vitamin B1: 0.14mg (9.16%), Calcium: 87.56mg (8.76%), Magnesium: 27.65mg (6.91%), Copper: 0.13mg (6.67%), Vitamin B5: 0.63mg (6.28%), Manganese: 0.11mg (5.71%), Phosphorus: 54.44mg (5.44%), Vitamin B2: 0.07mg (4.26%), Vitamin E: 0.51mg (3.39%), Selenium: 1.43µg (2.05%), Vitamin B3: 0.36mg (1.8%), Vitamin A: 88.44IU (1.77%), Zinc: 0.23mg

(1.51%)