



Old-Fashioned Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



118 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings ice cubes
- 1 slice optional: lemon
- 2 cups juice of lemon (8 to 10 lemons)
- 8 servings maraschino cherries with stem, if desired
- 1 cup sugar
- 6 cups water cold

Equipment

Directions

- Mix water, lemon juice and sugar in large pitcher until sugar is dissolved. Refrigerate about 3 hours or until chilled if desired.
- Serve lemonade over ice.
- Garnish each serving with a lemon slice and cherry.

Nutrition Facts

PROTEIN 0.73% **FAT 1.68%** **CARBS 97.59%**

Properties

Glycemic Index:11.95, Glycemic Load:17.47, Inflammation Score:-1, Nutrition Score:2.1239130535851%

Flavonoids

Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 30.92g (11.24%), Sugar: 28.45g (31.61%), Cholesterol: 0mg (0%), Sodium: 12.75mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin C: 24.07mg (29.18%), Folate: 12.3µg (3.07%), Copper: 0.06mg (2.82%), Potassium: 65.59mg (1.87%), Magnesium: 6.26mg (1.57%), Fiber: 0.37g (1.47%), Vitamin B6: 0.03mg (1.45%), Calcium: 13.84mg (1.38%)