



Old-Fashioned Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

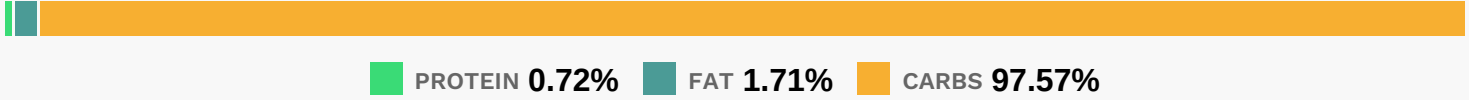
- ☐ 8 servings ice cubes
- ☐ 2 cups juice of lemon (8 to 10 lemons)
- ☐ 1 cup sugar
- ☐ 6 cups water cold

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



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:2.0052174190464%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 109.67kcal (5.48%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 28.93g (10.52%), Sugar: 26.49g (29.43%), Cholesterol: 0mg (0%), Sodium: 12.53mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 23.61mg (28.61%), Folate: 12.2µg (3.05%), Copper: 0.05mg (2.44%), Potassium: 63.33mg (1.81%), Magnesium: 5.99mg (1.5%), Vitamin B6: 0.03mg (1.4%), Calcium: 10.91mg (1.09%)