



Old-Fashioned Pink Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup 1/4 cup dried cranberry (juice sweetened if possible) chilled
- 2 cups juice of lemon fresh
- 9 cups water
- 2 cups sugar white

Equipment

Directions

In large pitcher combine sugar, water, lemon juice and cranberry juice. Stir to dissolve sugar.

Serve over ice.

Nutrition Facts

PROTEIN 0.57% **FAT 1.33%** **CARBS 98.1%**

Properties

Glycemic Index:10.51, Glycemic Load:24.7, Inflammation Score:-1, Nutrition Score:1.7486956760935%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 146.98kcal (7.35%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 38.44g (13.98%), Sugar: 36.84g (40.94%), Cholesterol: 0mg (0%), Sodium: 10.03mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin C: 17.7mg (21.45%), Copper: 0.05mg (2.44%), Vitamin E: 0.31mg (2.09%), Folate: 8.34µg (2.09%), Potassium: 58.79mg (1.68%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.48mg (1.37%), Vitamin K: 1.08µg (1.02%)