



Old Fashioned Pink Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.3 cup sugar unsweetened sweetened (if using cranberry juice, 1 cup if using)
- ☐ 4 cups water divided ()
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup juice of lemon

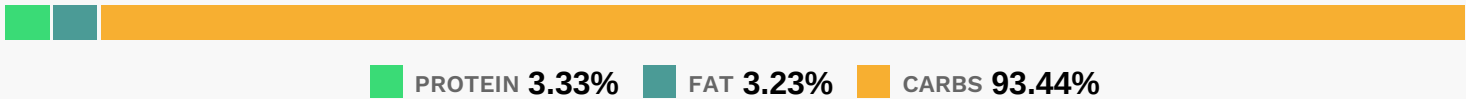
Equipment

- ☐ sauce pan

Directions

- ☐ Heat sugar and 1 cup of the water in a small saucepan until the sugar is completely dissolved.
- ☐ Remove from heat.
- ☐ Stir together the remaining water, cranberry juice, lemon juice and simple syrup. Make adjustments to taste.
- ☐ Chill for an hour, or add ice to cool.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:6.43, Inflammation Score:-2, Nutrition Score:3.0130434988633%

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: 52.59kcal (2.63%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 14.16g (5.15%), Sugar: 12.5g (13.89%), Cholesterol: 0mg (0%), Sodium: 10.19mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 24.56mg (29.77%), Vitamin E: 1.2mg (8%), Vitamin K: 4.84µg (4.61%), Copper: 0.08mg (4.2%), Vitamin B6: 0.07mg (3.4%), Potassium: 114.94mg (3.28%), Magnesium: 9.71mg (2.43%), Folate: 9.08µg (2.27%), Phosphorus: 15.59mg (1.56%), Iron: 0.27mg (1.5%), Calcium: 14.76mg (1.48%), Vitamin B2: 0.02mg (1.36%), Vitamin B1: 0.02mg (1.22%)