



## Orange Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



134 kcal

BEVERAGE

DRINK

## Ingredients

- 1.8 cups sugar
- 2.5 cups water
- 2 tablespoons lemon zest grated
- 2 tablespoons orange zest grated
- 1.5 cups juice of lemon ( 10 lemons)
- 1.5 cups orange juice ( 5 oranges)
- 6 cups water cold

## Equipment

sauce pan

## Directions

- In a large saucepan, combine sugar and 2-1/2 cups water; cook and stir over medium heat until sugar is dissolved. Cool slightly.
- Stir in citrus zest and juices.
- Let stand, covered, 1 hour. Strain syrup; refrigerate, covered, until cold.
- To serve, fill glasses or pitcher with equal amounts of fruit syrup and water.
- Add ice and serve.

## Nutrition Facts

PROTEIN **0.99%** FAT **1.47%** CARBS **97.54%**

## Properties

Glycemic Index:10.17, Glycemic Load:22.01, Inflammation Score:-2, Nutrition Score:2.6830435485134%

## Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 134.39kcal (6.72%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 34.42g (12.52%), Sugar: 32.52g (36.14%), Cholesterol: 0mg (0%), Sodium: 9.38mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin C: 29.95mg (36.31%), Folate: 15.83µg (3.96%), Potassium: 97.72mg (2.79%), Vitamin B1: 0.04mg (2.47%), Copper: 0.05mg (2.46%), Magnesium: 7.29mg (1.82%), Vitamin B6: 0.03mg (1.5%), Fiber: 0.37g (1.46%), Vitamin A: 68.53IU (1.37%), Calcium: 13.51mg (1.35%), Vitamin B2: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.07%)