

Party Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 trays ice cubes
- ☐ 12 lemons thinly sliced
- ☐ 8 cups water cold
- ☐ 3 cups sugar white

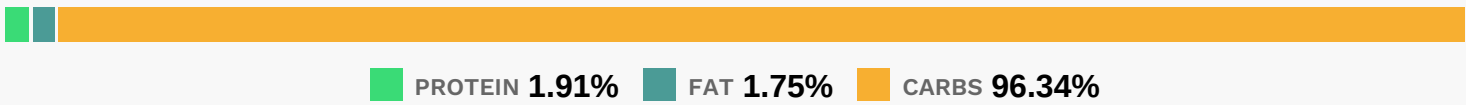
Equipment

- ☐ bowl
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Thinly slice lemons crosswise. Try to remove as many seeds as possible. Put lemon slices into a large punch bowl.
- ☐ Pour sugar over the top of the lemons. Using a potato masher or wooden spoon, pound lemons and sugar mixture until sugar is dissolved and lemon slices are broken.
- ☐ Add ice cubes and stir in cold water.
- ☐ Serve in tall glasses.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:36.7, Inflammation Score:-4, Nutrition Score:5.2226086012695%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 223.82kcal (11.19%), Fat: 0.48g (0.74%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 56.84g (20.67%), Sugar: 52.6g (58.44%), Cholesterol: 0mg (0%), Sodium: 10.78mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 57.24mg (69.38%), Fiber: 3.02g (12.1%), Vitamin B6: 0.09mg (4.32%), Potassium: 150.04mg (4.29%), Iron: 0.67mg (3.74%), Copper: 0.07mg (3.47%), Calcium: 33.45mg (3.35%), Folate: 11.88µg (2.97%), Vitamin B1: 0.04mg (2.88%), Magnesium: 10.26mg (2.57%), Vitamin B5: 0.21mg (2.05%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 17.28mg (1.73%), Manganese: 0.03mg (1.72%), Vitamin E: 0.16mg (1.08%), Selenium: 0.73µg (1.05%)