



Peach Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



222 min.

SERVINGS



8

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups ice cubes
- ☐ 1 cup juice of lemon fresh (6 lemons)
- ☐ 1 peaches pitted cut into 8 wedges
- ☐ 2 cups peaches coarsely chopped
- ☐ 0.8 cup sugar
- ☐ 4 cups water

Equipment

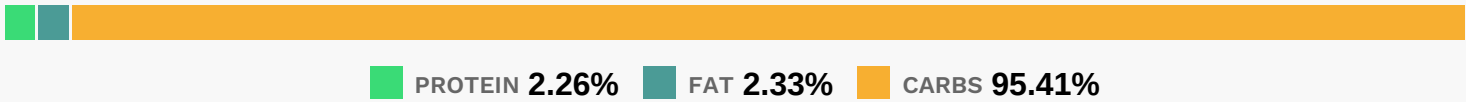
- ☐ bowl

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan over medium-high heat. Bring to a boil; reduce heat, and simmer 3 minutes.
- ☐ Place peach mixture in a blender; let stand for 20 minutes.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid. Blend until smooth.
- ☐ Pour into a large bowl. Refrigerate for at least 3 hours.
- ☐ Press peach mixture through a sieve over a bowl, reserving liquid; discard solids. Stir in lemon juice.
- ☐ Place 1/2 cup ice in each of 8 glasses.
- ☐ Pour about 2/3 cup lemonade into each glass; garnish each glass with 1 peach wedge.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:15.07, Inflammation Score:-3, Nutrition Score:2.5382608538089%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 102.94kcal (5.15%), Fat: 0.29g (0.44%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 25.61g (9.31%), Sugar: 24.28g (26.98%), Cholesterol: 0mg (0%), Sodium: 19.76mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 14.15mg (17.15%), Copper: 0.09mg (4.44%), Fiber: 0.95g (3.8%), Vitamin A: 188.46IU (3.77%), Vitamin E: 0.46mg (3.09%), Potassium: 101.64mg (2.9%), Vitamin B3: 0.49mg (2.45%), Folate: 9.53µg (2.38%), Magnesium: 8.78mg (2.19%), Manganese: 0.04mg (1.97%), Selenium: 1.35µg (1.92%), Vitamin K: 1.72µg (1.64%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 15.03mg (1.5%), Vitamin B6: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.4%), Vitamin B5: 0.13mg (1.28%), Iron: 0.23mg (1.27%), Zinc: 0.17mg (1.15%), Calcium: 11.41mg (1.14%)