



Peppermint Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



195 min.

SERVINGS



8

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup mint leaves fresh
- ☐ 1 optional: lemon fresh
- ☐ 12 ounce lemonade concentrate frozen thawed canned
- ☐ 1.3 cups sugar white

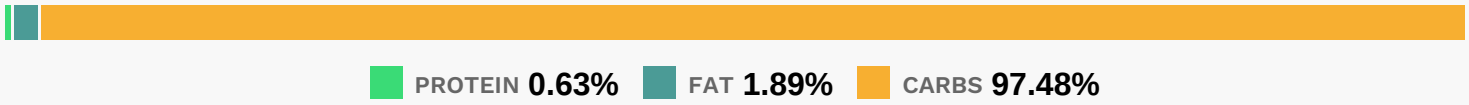
Equipment

- ☐ bowl
- ☐ wooden spoon

Directions

- ☐
- Pour the lemonade concentrate into a large pitcher or cooler with a spout. Stir in enough water to make 1 gallon. Grate the zest from the lemon and add to the pitcher, then squeeze the lemon juice from the lemon into the pitcher. In a small bowl, crush the mint leaves into the sugar using a muddler or a wooden spoon. Stir into the lemonade. Cover and chill for several hours, then strain to remove the leaves and zest before serving.
- ☐
- Serve over ice and garnish with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:22.04, Inflammation Score:-2, Nutrition Score:1.7478261039309%

Flavonoids

Eriodictyol: 3.75mg, Eriodictyol: 3.75mg, Eriodictyol: 3.75mg, Eriodictyol: 3.75mg Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg, Hesperetin: 4.05mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 209.54kcal (10.48%), Fat: 0.46g (0.71%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 53.29g (19.38%), Sugar: 50.45g (56.05%), Cholesterol: 0mg (0%), Sodium: 4.43mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 13.62mg (16.51%), Fiber: 0.73g (2.92%), Vitamin A: 122.44IU (2.45%), Manganese: 0.04mg (2.2%), Folate: 7.67µg (1.92%), Potassium: 65.88mg (1.88%), Magnesium: 6.31mg (1.58%), Iron: 0.28mg (1.54%), Calcium: 13.63mg (1.36%), Vitamin B6: 0.02mg (1.15%), Copper: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.08%)