



Pink Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup maraschino cherries
- 1.5 cups juice of lemon fresh
- 1.3 cups sugar
- 0.5 cup water boiling
- 4.5 cups water cold

Equipment

Directions

- Combine sugar and boiling water, stirring until sugar dissolves. Stir in cold water, lemon juice, and cherry juice.
- Serve over ice.
- Note: In testing, we used a portion of the juice from a 10-ounce jar of maraschino cherries, reserving the cherries for other uses.

Nutrition Facts

PROTEIN 0.47% **FAT 1.3%** **CARBS 98.23%**

Properties

Glycemic Index:10.01, Glycemic Load:24.93, Inflammation Score:-1, Nutrition Score:2.1121739388808%

Flavonoids

Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 190.83kcal (9.54%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 48.86g (17.77%), Sugar: 46.8g (52%), Cholesterol: 0mg (0%), Sodium: 10.34mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 20.23mg (24.53%), Fiber: 0.97g (3.87%), Copper: 0.07mg (3.71%), Folate: 10.46µg (2.61%), Calcium: 22.25mg (2.23%), Potassium: 59.89mg (1.71%), Magnesium: 5.84mg (1.46%), Vitamin B6: 0.03mg (1.27%)