



## Pink Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



95 min.

SERVINGS



16

CALORIES



55 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup granulated sugar
- 16 servings ice cubes
- 1 medium optional: lemon thinly sliced for garnish
- 1 cup juice of lemon freshly squeezed (from 7 medium lemons)
- 2 ounces raspberries
- 6 cups water cold

## Equipment

- bowl

sauce pan

sieve

## Directions

Place the raspberries, sugar, and water in a small saucepan over medium-high heat and bring to a boil, stirring occasionally until the sugar has dissolved. Reduce the heat to low and simmer until the raspberries are just starting to fall apart, about 10 to 12 minutes. Meanwhile, place a fine-mesh strainer over a medium heatproof bowl; set aside.

Pour the raspberry mixture through the strainer and gently push on the solids to release all of the liquid; discard the solids.

Place the raspberry syrup in a pitcher.

Add the cold water and lemon juice and stir to combine. Refrigerate until ready to serve. To serve, pour over ice and garnish with lemon slices or fresh raspberries, if desired.

## Nutrition Facts

 **PROTEIN 1.13%** **FAT 1.8%** **CARBS 97.07%**

## Properties

Glycemic Index:7.6, Glycemic Load:8.89, Inflammation Score:-1, Nutrition Score:1.1095652162381%

## Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 55.28kcal (2.76%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 14.09g (5.12%), Sugar: 13.18g (14.65%), Cholesterol: 0mg (0%), Sodium: 7.68mg (0.33%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 10.41mg (12.62%), Fiber: 0.47g (1.86%), Copper: 0.03mg (1.61%), Manganese: 0.03mg (1.4%), Folate: 4.54µg (1.13%)