



Prickly Pear Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 servings ice cubes
- ☐ 0.5 cup juice of lemon
- ☐ 2 prickly pear fruit (10 oz. total)
- ☐ 2 tablespoons sugar

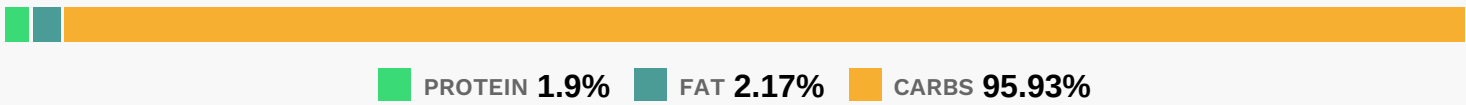
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Cut ends from prickly pears.
- ☐ Cut a lengthwise slit through peel on each fruit. Pull back peel, scoop out fruit, and discard peel.
- ☐ Put prickly pear pulp, lemon juice, sugar, and 1 cup water in a blender or food processor. Whirl until smooth.
- ☐ Pour into ice-filled glasses.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:10.86, Inflammation Score:-2, Nutrition Score:3.6065217437951%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 0.29g (0.45%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.01g (9.09%), Sugar: 20.58g (22.87%), Cholesterol: 0mg (0%), Sodium: 4.47mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 20.84mg (25.26%), Fiber: 3.8g (15.2%), Copper: 0.11mg (5.67%), Potassium: 179.7mg (5.13%), Vitamin K: 5.22µg (4.97%), Folate: 16.44µg (4.11%), Manganese: 0.06mg (3.11%), Magnesium: 11.31mg (2.83%), Vitamin B6: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.26%), Phosphorus: 17.49mg (1.75%), Vitamin B1: 0.02mg (1.6%), Calcium: 14.88mg (1.49%), Iron: 0.25mg (1.39%), Vitamin E: 0.2mg (1.36%), Vitamin B3: 0.23mg (1.14%), Vitamin B5: 0.11mg (1.11%)