



Pucker Up Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



8

CALORIES



7 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings ice cubes crushed
- 0.5 cup make-ahead lemonade syrup chilled
- 0.5 cup water

Equipment

Directions

- Combine Make-Ahead Lemonade Syrup and water.

Pour into a glass filled with crushed ice.

Garnish with a fresh lemon slice, if desired.

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 100%

Properties

Glycemic Index:8.06, Glycemic Load:1.21, Inflammation Score:0, Nutrition Score:0.0099999997764826%

Nutrients (% of daily need)

Calories: 7.48kcal (0.37%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.74g (1.94%), Cholesterol: 0mg (0%), Sodium: 1.72mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)