



Purple Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 purple basil sprigs
- ☐ 0.3 ounce purple basil leaves loosely packed
- ☐ 4 cups ice cubes
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 tablespoons sugar
- ☐ 4 cups water

Equipment

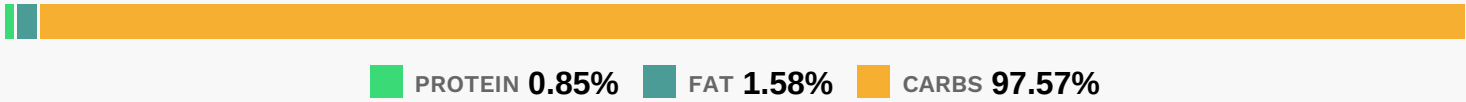
- ☐ bowl

- ☐ sieve
- ☐ mortar and pestle

Directions

- ☐ Combine 4 cups water and juice in a large bowl.
- ☐ Place 1/2 cup basil and sugar in a mortar; pound with pestle until a paste forms.
- ☐ Add sugar mixture to juice mixture; stir until sugar dissolves. Strain mixture through a sieve over a bowl; discard solids.
- ☐ Place 1 cup ice in each of 4 glasses.
- ☐ Pour about 1 cup lemonade into each glass; garnish each serving with 1 basil sprig.

Nutrition Facts



Properties

Glycemic Index:52.52, Glycemic Load:12.58, Inflammation Score:-2, Nutrition Score:1.9095652116382%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 76.51kcal (3.83%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 19.96g (7.26%), Sugar: 18.74g (20.82%), Cholesterol: 0mg (0%), Sodium: 24.23mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin C: 12.19mg (14.78%), Vitamin K: 9.01µg (8.58%), Copper: 0.09mg (4.51%), Vitamin A: 116.39IU (2.33%), Calcium: 20.05mg (2%), Magnesium: 7.95mg (1.99%), Folate: 7.58µg (1.89%), Manganese: 0.03mg (1.47%), Potassium: 38.18mg (1.09%)