



Raspberry Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



140 min.

SERVINGS



6

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup juice of lemon fresh (4 lemons)
- 10 ounces karo syrup frozen thawed
- 0.8 cup sugar
- 0.5 cup water
- 0.8 cup water
- 3.5 cups water

Equipment

- bowl

sauce pan

sieve

Directions

Mix sugar and 1/2 cup water in 1-quart saucepan. Cook over medium heat, stirring once, until sugar is dissolved. Cool to room temperature.

Mix cooled sugar syrup, the lemon juice and 3 1/2 cups water in 2-quart nonmetal pitcher.

Place raspberries in strainer over small bowl to drain (do not press berries through strainer). Reserve berries for making ice cubes. Stir raspberry liquid into lemon mixture; refrigerate.

Spoon raspberries evenly into 12 sections of ice-cube tray. Divide 3/4 cup water evenly among sections with raspberries. Freeze about 2 hours or until firm.

Serve lemonade over ice cubes.

Nutrition Facts

PROTEIN 1.97% FAT 0.62% CARBS 97.41%

Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:1.5047826049444%

Flavonoids

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 228.99kcal (11.45%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 62.58g (20.86%), Net Carbohydrates: 62.46g (22.71%), Sugar: 54.1g (60.11%), Cholesterol: 0mg (0%), Sodium: 43.57mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin C: 15.74mg (19.08%), Calcium: 39.81mg (3.98%), Folate: 8.13µg (2.03%), Copper: 0.04mg (1.91%), Potassium: 42.39mg (1.21%), Magnesium: 4.31mg (1.08%)