



Raspberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup juice of lemon fresh (5 lemons)
- ☐ 0.3 cup juice of lime fresh (1 large lime)
- ☐ 16 ounce maraschino cherries without stems
- ☐ 14 ounce raspberries frozen thawed
- ☐ 1.3 cups sugar
- ☐ 3 cups water

Equipment

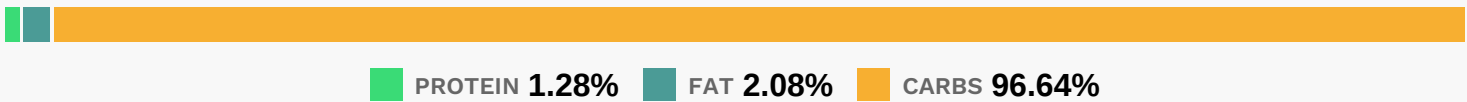
- ☐ sieve

☐ blender

Directions

- ☐ Process first 5 ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Pour fruit mixture through a wire-mesh strainer into a pitcher, discarding solids. Stir in 3 cups water.
- ☐ Serve over ice.
- ☐ Blackberry Lemonade: Substitute 1 (14-ounce) package frozen blackberries, thawed, for frozen raspberries. Proceed as directed. Makes 6 cups.
- ☐ Cherry-Berry Lemonade: Substitute 1 (16-ounce) package frozen mixed berries, thawed, for frozen raspberries. Proceed as directed, using 2 cups water. Makes 5 cups.
- ☐ Pour Cherry-Berry Lemonade evenly into 14 (4-ounce) plastic pop molds. Insert plastic pop sticks, and freeze 4 hours or until firm. Makes 14 pops.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:30.02, Inflammation Score:-3, Nutrition Score:6.8113043023192%

Flavonoids

Cyanidin: 30.28mg, Cyanidin: 30.28mg, Cyanidin: 30.28mg, Cyanidin: 30.28mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 5.32mg, Hesperetin: 5.32mg, Hesperetin: 5.32mg, Hesperetin: 5.32mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 328.78kcal (16.44%), Fat: 0.8g (1.23%), Saturated Fat: 0.06g (0.34%), Carbohydrates: 84.08g (28.03%), Net Carbohydrates: 77.23g (28.08%), Sugar: 74.78g (83.09%), Cholesterol: 0mg (0%), Sodium: 10.52mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 32.16mg (38.98%), Fiber: 6.85g (27.4%), Manganese: 0.46mg (22.97%), Copper: 0.2mg (9.85%), Calcium: 64.57mg (6.46%), Vitamin K: 6.35µg (6.05%), Magnesium: 21.4mg (5.35%), Folate: 21µg (5.25%), Iron: 0.84mg (4.64%), Potassium: 159.81mg (4.57%), Vitamin E: 0.68mg (4.54%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.31mg (3.11%), Vitamin B6: 0.06mg (2.9%), Phosphorus: 25.3mg (2.53%), Vitamin B2: 0.04mg (2.3%), Vitamin B3: 0.44mg (2.2%), Vitamin B1: 0.03mg (2.07%), Vitamin A: 62.72IU (1.25%)