

Raspberry-Peach Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon ginger fresh grated peeled
- 6 servings ice cubes
- 1 cup juice of lemon fresh (6 large lemons)
- 1 cup peaches peeled coarsely chopped (1 large peach)
- 6 ounce raspberries
- 0.8 cup sugar
- 4 cups water

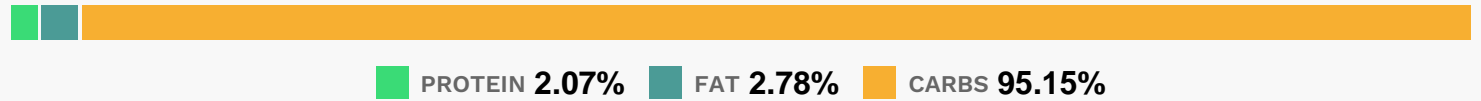
Equipment

- bowl
- sauce pan
- sieve
- blender

Directions

- Place first 5 ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 3 minutes.
- Remove from heat; cool slightly.
- Strain mixture through a sieve into a bowl, reserving liquid and solids.
- Place solids in a blender; process until smooth.
- Combine pureed mixture and liquid. Stir in lemon juice. Cover and refrigerate 1 hour or until thoroughly chilled.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:18.77, Inflammation Score:-3, Nutrition Score:3.936956530032%

Flavonoids

Cyanidin: 13.47mg, Cyanidin: 13.47mg, Cyanidin: 13.47mg, Cyanidin: 13.47mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg 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 Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 131.65kcal (6.58%), Fat: 0.44g (0.68%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 31.51g (11.46%), Sugar: 29.4g (32.67%), Cholesterol: 0mg (0%), Sodium: 15.11mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 24.28mg (29.43%), Manganese: 0.21mg (10.71%), Fiber: 2.37g (9.49%), Copper: 0.09mg (4.53%), Folate: 15.76µg (3.94%), Potassium: 121.35mg (3.47%), Magnesium: 13.37mg (3.34%), Vitamin E: 0.5mg (3.32%), Vitamin K: 2.98µg (2.84%), Vitamin B6: 0.04mg (2.13%), Vitamin B3: 0.42mg (2.11%), Vitamin A: 95.47IU (1.91%), Vitamin B5: 0.19mg (1.88%), Iron: 0.33mg (1.86%), Vitamin B2: 0.03mg (1.76%), Phosphorus: 17.52mg (1.75%), Calcium: 17.4mg (1.74%), Vitamin B1: 0.03mg (1.69%), Zinc: 0.23mg (1.51%), Selenium: 0.79µg (1.14%)