



Red Berry Hibiscus Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup strawberries fresh rinsed
- 2 cups raspberries fresh rinsed
- 1.5 cups sugar
- 3 cups water boiling
- 4 ginger tea bags
- 1 cup juice of lemon fresh (6 lemons)
- 1 cup water cold
- 1 serving ice cubes

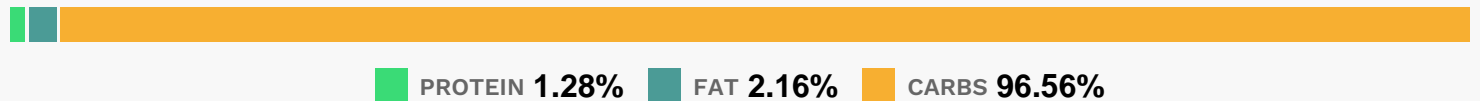
Equipment

- bowl
- sauce pan
- sieve
- blender
- measuring cup
- immersion blender

Directions

- In 2-quart saucepan, mix both berries and sugar.
- Heat over medium heat 6 to 8 minutes, stirring occasionally, until berries release their juices and sugar is dissolved.
- Using immersion blender or in regular blender, puree berry mixture until smooth.
- Pour mixture through fine mesh strainer set over large bowl; press berries to extract as much puree as possible. Discard solids; set berry syrup aside to cool to room temperature.
- In 4-cup glass measuring cup, combine boiling water and tea bags; let steep 5 minutes.
- Remove bags; set tea aside to cool.
- In large pitcher, mix lemon juice and water.
- Add cooled berry syrup and hibiscus tea; stir well to combine.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:27.01, Inflammation Score:-2, Nutrition Score:4.0599999622158%

Flavonoids

Cyanidin: 14.03mg, Cyanidin: 14.03mg, Cyanidin: 14.03mg, Cyanidin: 14.03mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 172.45kcal (8.62%), Fat: 0.44g (0.68%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 42.01g (15.27%), Sugar: 40.4g (44.89%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin C: 30.25mg (36.66%), Manganese: 0.28mg (13.78%), Fiber: 2.4g (9.61%), Folate: 16.72µg (4.18%), Copper: 0.06mg (3.16%), Magnesium: 12.02mg (3.01%), Potassium: 105mg (3%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.36mg (2.39%), Vitamin B6: 0.04mg (1.95%), Iron: 0.32mg (1.8%), Calcium: 16.34mg (1.63%), Vitamin B5: 0.16mg (1.61%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 15.46mg (1.55%), Vitamin B1: 0.02mg (1.42%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.18mg (1.22%)