



Refreshing Cucumber Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



10

CALORIES



46 kcal

BEVERAGE

DRINK

Ingredients

- 1 cucumber sliced
- 6 juice of lemon juiced
- 1 cup water
- 0.5 cup sugar white

Equipment

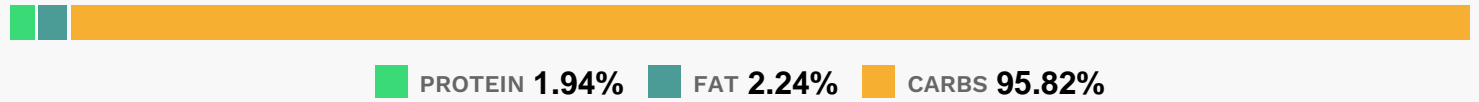
- food processor
- bowl
- sauce pan

- sieve
- blender

Directions

- Make a simple syrup by stirring the water and sugar together in a saucepan over medium heat; heat until just about to boil and the sugar has dissolved.
- Place in refrigerator 30 minutes, or until cool.
- Place the cucumber slices in a blender or food processor; blend until mashed into a pulp.
- Pour the cucumber pulp into a fine mesh strainer place over a bowl to catch the liquid; allow to sit until you have about 2/3 cup of liquid from the cucumber, about 15 minutes.
- Stir the simple syrup, cucumber liquid, and lemon juice together in a pitcher.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:7.05, Inflammation Score:-1, Nutrition Score:1.1856521536475%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 46.06kcal (2.3%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 11.59g (4.21%), Sugar: 10.85g (12.05%), Cholesterol: 0mg (0%), Sodium: 2.06mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 7.93mg (9.61%), Vitamin K: 2.16µg (2.06%), Folate: 7.8µg (1.95%), Potassium: 59.54mg (1.7%), Copper: 0.03mg (1.43%), Magnesium: 4.92mg (1.23%), Manganese: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.18%), Fiber: 0.26g (1.06%)