



Refreshing Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



275 min.

SERVINGS



20

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups juice of lemon
- 1.8 cups splenda® no calorie sweetener
- 8 cups water

Equipment

- sauce pan

Directions

- In a small saucepan, combine SPLENDA® Granulated Sweetener and 1 cup water. Bring to boil and stir to dissolve SPLENDA® Granulated Sweetener. Allow to cool to room temperature, then cover and refrigerate until chilled.
- Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice and remaining 7 cups water.

Nutrition Facts

PROTEIN 0.37% **FAT 0.57%** **CARBS 99.06%**

Properties

Glycemic Index:2.5, Glycemic Load:7.98, Inflammation Score:-1, Nutrition Score:0.6069565160281%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg 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: 62.83kcal (3.14%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 17.17g (6.24%), Sugar: 14.51g (16.13%), Cholesterol: 0mg (0%), Sodium: 4.91mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Vitamin C: 7.08mg (8.58%)