

Rhubarb Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



651 kcal

BEVERAGE

DRINK

Ingredients



1.5 cups juice of lemon



3 tablespoons lemon zest grated



8 cups rhubarb chopped



18 cups water



3 cups sugar white

Equipment



sauce pan

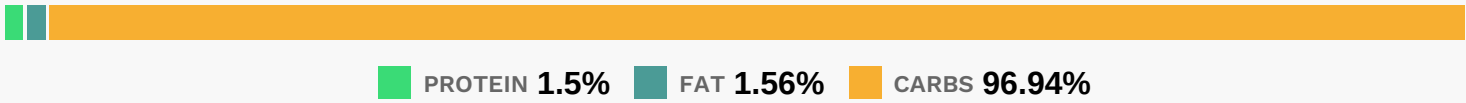


sieve

Directions

- ☐ Combine the rhubarb, sugar, and grated lemon peel into a large saucepan and bring to a boil. Reduce heat to medium-low and simmer until the sugar has dissolved and the rhubarb releases its juice and starts to break up, about 10 minutes.
- ☐ Remove from heat and stir in the lemon juice.
- ☐ Pour the rhubarb mixture through a fine sieve, pressing out as much liquid as possible. To serve, mix the rhubarb syrup with 18 cups of water (1 cup of syrup per 3 cups of water) and pour over ice.

Nutrition Facts



Properties

Glycemic Index:20.77, Glycemic Load:105.58, Inflammation Score:-5, Nutrition Score:13.929565170537%

Flavonoids

Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 650.98kcal (32.55%), Fat: 1.2g (1.85%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 167.51g (55.84%), Net Carbohydrates: 162.37g (59.04%), Sugar: 154.88g (172.09%), Cholesterol: 0mg (0%), Sodium: 65.68mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Vitamin C: 60.74mg (73.62%), Vitamin K: 71.49µg (68.09%), Calcium: 254.8mg (25.48%), Manganese: 0.5mg (24.76%), Potassium: 807.16mg (23.06%), Fiber: 5.14g (20.57%), Copper: 0.25mg (12.54%), Magnesium: 46.09mg (11.52%), Folate: 35.97µg (8.99%), Vitamin B2: 0.12mg (7%), Vitamin B6: 0.11mg (5.42%), Vitamin E: 0.81mg (5.38%), Selenium: 3.71µg (5.3%), Vitamin A: 256.62IU (5.13%), Vitamin B1: 0.07mg (4.9%), Phosphorus: 42.02mg (4.2%), Vitamin B3: 0.83mg (4.17%), Iron: 0.72mg (4.01%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.42mg (2.82%)