



## Rico's Passionate Pink Honey Lemonade

 Vegetarian  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



66 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup brown sugar
- 1 teaspoon honey
- 1.8 cups juice of lemon fresh
- 2 slices cranberry-orange relish
- 3 strawberries fresh sliced
- 7 cups water
- 1 cup sugar white

### Equipment

sauce pan

## Directions

- In a saucepan, combine 1 cup water, strawberries, white sugar, brown sugar, and honey. Bring to a boil, and simmer 10 minutes, stirring occasionally. Cool to room temperature, cover, and chill.
- In a large pitcher, mix together water, lemon juice, and orange slices. Stir in cooled syrup; chill.
- Serve in a tall glass over ice.

## Nutrition Facts

**PROTEIN 0.61%** **FAT 1.15%** **CARBS 98.24%**

## Properties

Glycemic Index:10.24, Glycemic Load:7.23, Inflammation Score:-1, Nutrition Score:0.95869564524163%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 66.39kcal (3.32%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 17.29g (6.29%), Sugar: 16.36g (18.18%), Cholesterol: 0mg (0%), Sodium: 6.03mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 10.07mg (12.2%), Folate: 5.18µg (1.3%), Copper: 0.02mg (1.08%)