



Rosemary Peach Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 small sprigs rosemary fresh plus more for garnish
- ☐ 1 ice cube tray lemon juice frozen
- ☐ 1.5 cups peach nectar
- ☐ 3 peaches pitted ripe sliced into thin half-moons (18 slices each)
- ☐ 0.8 cup sugar
- ☐ 1 cup water
- ☐ 1 cups water

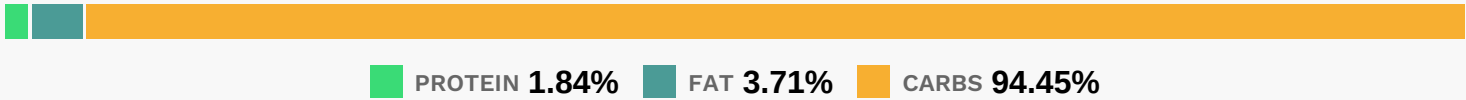
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the rosemary sprigs, sugar, and water, and bring to a simmer.
- ☐ Let cook for about 10 minutes until slightly thickened and well-infused.
- ☐ Remove from heat and strain. Discard rosemary sprigs.
- ☐ Let cool before using.
- ☐ In a large pitcher, combine cooled syrup, peach nectar, peach slices, and lemon juice ice cubes.
- ☐ Add enough water (about 1 to 1 1/2 cups) to top off, leaving room for additional ice cubes to serve.
- ☐ Add more ice right before serving.
- ☐ Serve a fresh rosemary sprig in each glass.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:20.05, Inflammation Score:-4, Nutrition Score:2.7565216966297%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 159.56kcal (7.98%), Fat: 0.7g (1.07%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.57g (14.03%), Sugar: 38.77g (43.08%), Cholesterol: 0mg (0%), Sodium: 21.17mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin A: 434.35IU (8.69%), Fiber: 1.33g (5.31%), Vitamin E: 0.73mg (4.85%), Copper: 0.09mg (4.37%), Vitamin C: 3.29mg (3.99%), Vitamin B1: 0.06mg (3.71%),

Manganese: 0.07mg (3.41%), Potassium: 117.36mg (3.35%), Vitamin B3: 0.67mg (3.35%), Vitamin K: 3µg (2.85%), Selenium: 1.85µg (2.64%), Magnesium: 10.21mg (2.55%), Vitamin B2: 0.04mg (2.29%), Vitamin B6: 0.05mg (2.26%), Iron: 0.38mg (2.1%), Phosphorus: 19.03mg (1.9%), Vitamin B5: 0.17mg (1.65%), Folate: 6.21µg (1.55%), Zinc: 0.2mg (1.32%), Calcium: 12.59mg (1.26%)