

Special Lemonade

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups seltzer water chilled
- 2 medium optional: lemon
- 2 cups milk
- 1.5 cups sugar
- 8 servings sugar
- 2 drops food coloring yellow

Equipment

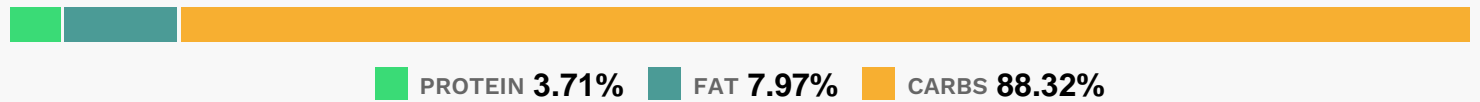
- bowl

- knife
- blender

Directions

- Remove ends from lemons and discard.
- Remove lemon peel with a knife; set aside. Quarter lemons; squeeze juice into a bowl.
- Remove and discard white membrane.
- Place the peel and pulp in a blender; cover and process until coarsely chopped.
- Add peel mixture and sugar to lemon juice; mix well.
- Let stand for 30 minutes.
- Stir in milk. Strain lemon mixture; add club soda and food coloring if desired.
- Serve immediately in sugar-rimmed glasses if desired.

Nutrition Facts



Properties

Glycemic Index:25.46, Glycemic Load:36.09, Inflammation Score:-2, Nutrition Score:3.3834782650937%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 235.01kcal (11.75%), Fat: 2.19g (3.37%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 53.91g (19.6%), Sugar: 53.01g (58.9%), Cholesterol: 7.32mg (2.44%), Sodium: 42.85mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 14.31mg (17.35%), Calcium: 86.98mg (8.7%), Phosphorus: 65.93mg (6.59%), Vitamin B2: 0.1mg (5.82%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Potassium: 131.52mg (3.76%), Fiber: 0.76g (3.02%), Vitamin B1: 0.05mg (3%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.28mg (2.79%), Magnesium: 10.37mg (2.59%), Zinc: 0.36mg (2.4%), Selenium: 1.56µg (2.23%), Vitamin A: 104.76IU (2.1%), Iron: 0.2mg (1.09%)