



Spicy Strawberry Jalapeño Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



498 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart ice cubes
- 0.5 jalapeno cut into 4 pieces
- 1 cup pepperoncini pepper juice fresh
- 1 pinch salt
- 1 quart strawberries split hulled
- 0.8 cup sugar
- 3 cups water cold

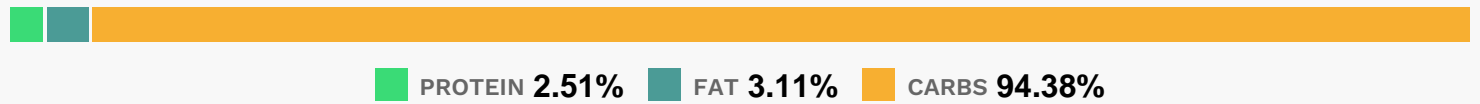
Equipment

- bowl
- whisk
- sieve
- blender

Directions

- Combine strawberries, jalepeño slices, sugar, and salt in a medium bowl and toss to coat.
- Let rest for 30 minutes.
- Remove and discard jalapeño slices. Set aside 1 cup of macerated strawberries for garnish.
- Transfer remaining strawberries and any exuded juices and syrup into a blender.
- Add lemon juice. Blend on high speed until smooth, about 1 minute. Strain through a fine mesh strainer into a pitcher. Discard solids.
- Add reserved strawberries and cold water and whisk to combine.
- Add ice.
- Serve in ice-filled glasses garnished with a strawberry and a jalapeño slice.

Nutrition Facts



Properties

Glycemic Index:91.42, Glycemic Load:68.76, Inflammation Score:-9, Nutrition Score:19.158260941505%

Flavonoids

Cyanidin: 7.97mg, Cyanidin: 7.97mg, Cyanidin: 7.97mg, Cyanidin: 7.97mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 16.27mg, Catechin: 16.27mg, Catechin: 16.27mg, Catechin: 16.27mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 498.22kcal (24.91%), Fat: 1.83g (2.82%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 125.28g (41.76%), Net Carbohydrates: 115.47g (41.99%), Sugar: 110.06g (122.29%), Cholesterol: 0mg (0%), Sodium: 71.33mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin C: 283.49mg (343.63%), Manganese: 1.92mg (96.23%), Fiber: 9.81g (39.24%), Folate: 114.51µg (28.63%), Potassium: 859.38mg (24.55%), Magnesium: 76.52mg (19.13%), Copper: 0.38mg (19.07%), Vitamin B6: 0.26mg (12.97%), Phosphorus: 123.15mg (12.32%), Iron: 2.14mg (11.86%), Calcium: 111.65mg (11.17%), Vitamin K: 11.06µg (10.53%), Vitamin E: 1.51mg (10.07%), Vitamin B3: 1.96mg (9.81%), Vitamin B1: 0.14mg (9.4%), Vitamin B2: 0.14mg (8.35%), Vitamin B5: 0.66mg (6.63%), Zinc: 0.78mg (5.22%), Selenium: 2.48µg (3.54%), Vitamin A: 95.75IU (1.92%)