



Strawberry Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup basil loosely packed
- ☐ 8 ounces pepperoncini pepper juice fresh
- ☐ 1 optional: lemon washed and sliced into 1/4-inch slices
- ☐ 0.5 cup simple syrup glaze (see note above)
- ☐ 1 cup strawberries
- ☐ 3 cups water cold

Equipment

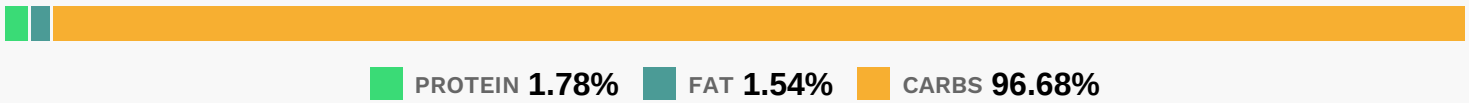
- ☐ sieve

- ☐ blender
- ☐ canning jar

Directions

- ☐ Purée the strawberries with about 2 ounces of the lemon juice in a blender on high speed until smooth, about 1 minute. Strain the purée through a fine mesh strainer into a pitcher or large mason jar.
- ☐ Add the remaining lemon juice, simple syrup, water, lemon slices and basil leaves. Gently stir until incorporated. Refrigerate for at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:44.06, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:6.5621739003969%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.13kcal (8.01%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 40.97g (14.9%), Sugar: 38.74g (43.05%), Cholesterol: 0mg (0%), Sodium: 36.71mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin C: 37.07mg (44.93%), Vitamin K: 25.69µg

(24.47%), Manganese: 0.26mg (12.89%), Iron: 2.08mg (11.58%), Fiber: 1.69g (6.74%), Vitamin A: 327.33IU (6.55%), Vitamin B1: 0.09mg (5.88%), Potassium: 193.84mg (5.54%), Magnesium: 19.5mg (4.88%), Copper: 0.09mg (4.7%), Folate: 15.69µg (3.92%), Calcium: 38.74mg (3.87%), Vitamin B2: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.9%), Phosphorus: 23.66mg (2.37%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.22mg (1.5%), Vitamin B5: 0.14mg (1.37%), Vitamin E: 0.2mg (1.32%)