



Strawberry Basil Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



252 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup basil (or mint)
- ☐ 4 servings ice cubes to taste
- ☐ 1 cup juice of lemon (- 4-6 lemons)
- ☐ 1 cup simple syrup glaze
- ☐ 1 cup strawberries hulled
- ☐ 4 cups water

Equipment

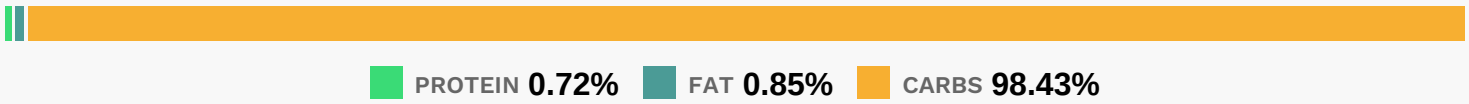
- ☐ food processor

- ☐ sieve
- ☐ blender

Directions

- ☐ Puree the strawberries and basil in a food processor or blender and optionally strain through a fine mesh sieve.
- ☐ Mix the strawberry and basil puree, lemon juice, simple syrup, water and ice and enjoy.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:6.1443477350733%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg 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 Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251.92kcal (12.6%), Fat: 0.26g (0.41%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 68.63g (22.88%), Net Carbohydrates: 67.71g (24.62%), Sugar: 64.97g (72.19%), Cholesterol: 0mg (0%), Sodium: 64.52mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 45.04mg (54.6%), Iron: 3.28mg (18.21%), Vitamin B1: 0.13mg (8.89%), Manganese: 0.16mg (8.18%), Vitamin K: 7.02µg (6.68%), Folate: 21.86µg (5.47%), Magnesium: 20.65mg (5.16%), Potassium: 175.41mg (5.01%), Copper: 0.1mg (4.82%), Vitamin B2: 0.07mg (4.04%), Fiber: 0.93g (3.71%), Calcium: 31.81mg (3.18%), Vitamin B6: 0.05mg (2.37%), Phosphorus: 21.1mg (2.11%), Zinc: 0.28mg (1.88%),

Vitamin A: 87.1IU (1.74%), Vitamin B3: 0.29mg (1.46%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.13mg (1.28%),
Selenium: 0.8µg (1.14%)