



Strawberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



2

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup agave syrup
- ☐ 2 servings ice cubes
- ☐ 1 cup juice of lemon
- ☐ 2 tablespoons mint leaves
- ☐ 2 cups seltzer
- ☐ 0.5 cup strawberries chopped

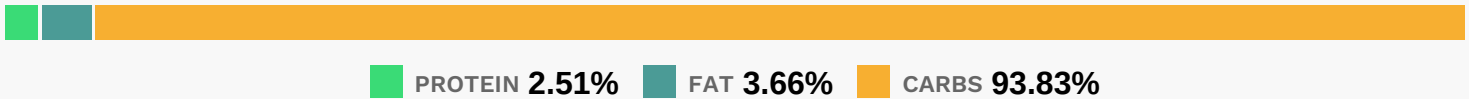
Equipment

- ☐ ladle

Directions

- ☐ Watch how to make this recipe.
- ☐ In a tall glass or shaker, combine the strawberries, syrup and mint leaves. Mash with a muddler or a ladle.
- ☐ Add the lemon juice and seltzer and pour over ice-filled glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.96, Inflammation Score:-5, Nutrition Score:7.9978262445201%

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, 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: 7.5mg, Eriodictyol: 7.5mg, Eriodictyol: 7.5mg, Eriodictyol: 7.5mg Hesperetin: 18.16mg, Hesperetin: 18.16mg, Hesperetin: 18.16mg, Hesperetin: 18.16mg Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg, Naringenin: 1.78mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 127.11kcal (6.36%), Fat: 0.57g (0.88%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.4g (11.42%), Sugar: 23.53g (26.15%), Cholesterol: 0mg (0%), Sodium: 56.71mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 74.65mg (90.48%), Folate: 46.99µg (11.75%), Manganese: 0.22mg (10.81%), Vitamin B6: 0.14mg (7.19%), Vitamin K: 6.98µg (6.65%), Fiber: 1.54g (6.16%), Potassium: 215.02mg (6.14%), Vitamin B1: 0.08mg (5.04%), Vitamin B2: 0.08mg (4.99%), Magnesium: 19.2mg

(4.8%), Vitamin A: 224.04IU (4.48%), Copper: 0.08mg (3.94%), Calcium: 39.01mg (3.9%), Vitamin E: 0.56mg (3.71%), Iron: 0.55mg (3.04%), Zinc: 0.41mg (2.75%), Vitamin B3: 0.52mg (2.62%), Phosphorus: 22.33mg (2.23%), Vitamin B5: 0.22mg (2.22%), Selenium: 0.73µg (1.05%)