



Sunny Orange Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- 4.3 cups water divided
- 1 cup sugar
- 0.8 cup juice of lemon (4 lemons)
- 0.8 cup orange juice (3 oranges)
- 2 teaspoons lemon zest grated
- 1 teaspoon orange zest grated
- 1 serving ice cubes
- 1 slices optional: lemon

Equipment

sauce pan

Directions

In a small saucepan, bring 1-1/4 cups water and sugar to a boil. Reduce heat. Simmer for 10 minutes; cool.

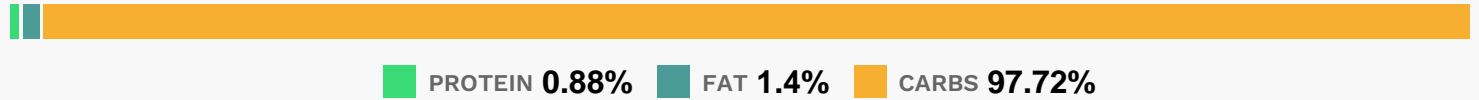
Transfer to a pitcher; add lemon and orange juices and zests. Cover and refrigerate for at least 1 hour.

Stir in the remaining water.

Serve over ice.

Garnish with lemon if desired.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:24.93, Inflammation Score:-2, Nutrition Score:2.6247825556961%

Flavonoids

Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg, Hesperetin: 8.44mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 149.97kcal (7.5%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 38.54g (14.01%), Sugar: 36.7g (40.77%), Cholesterol: 0mg (0%), Sodium: 9.87mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 29.24mg (35.44%), Folate: 15.72µg (3.93%), Potassium: 97.46mg (2.78%), Copper: 0.05mg (2.53%), Vitamin B1: 0.04mg (2.43%), Magnesium: 7.28mg (1.82%), Vitamin B6: 0.03mg (1.45%), Vitamin A: 65.82IU (1.32%), Calcium: 12.61mg (1.26%), Vitamin B2: 0.02mg (1.25%), Fiber: 0.29g (1.17%), Vitamin B5: 0.1mg (1.05%)