



Tasty Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



114 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup brown sugar
- 0.5 cup ice cubes
- 6 juice of lemon juiced
- 1.5 cups water

Equipment

Directions

In a large pitcher, combine fresh lemon juice and water. Stir in brown sugar until it dissolves. Stir in ice cubes.

Nutrition Facts

PROTEIN 0.62% **FAT 0.8%** **CARBS 98.58%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7843478537448%

Flavonoids

Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 114.4kcal (5.72%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 29.95g (10.89%), Sugar: 27.81g (30.9%), Cholesterol: 0mg (0%), Sodium: 14.06mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 17.42mg (21.11%), Calcium: 29.07mg (2.91%), Potassium: 82.93mg (2.37%), Folate: 9.27µg (2.32%), Copper: 0.04mg (1.95%), Vitamin B6: 0.03mg (1.6%), Magnesium: 6.36mg (1.59%), Iron: 0.23mg (1.28%), Manganese: 0.02mg (1.15%)