



Vanilla Bean Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings mint leaves fresh for garnish
- ☐ 8 servings ice cubes crushed
- ☐ 1 slices optional: lemon for garnish
- ☐ 1 cup juice of lemon fresh
- ☐ 2 quarts seltzer water cold
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons vanilla bean paste
- ☐ 0.8 cup water

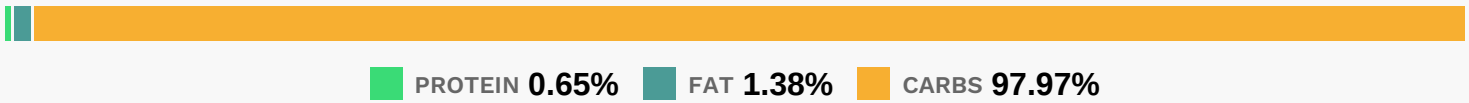
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together the lemon juice, Simple Syrup and vanilla bean paste in a large pitcher. If not serving immediately, refrigerate the pitcher.
- ☐ To serve, add the sparkling water to the pitcher and stir to combine.
- ☐ Pour the lemonade into individual glasses of crushed ice.
- ☐ Garnish with a sprig of fresh basil or mint and a lemon slice.
- ☐ In a small saucepan bring the sugar and water to a boil over medium heat, stirring until the sugar is dissolved.
- ☐ Remove from the heat and cool.;

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:13.1, Inflammation Score:-1, Nutrition Score:1.3617391314196%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 4.76mg, Hesperetin: 4.76mg, Hesperetin: 4.76mg, Hesperetin: 4.76mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 94.85kcal (4.74%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 23.06g (8.39%), Sugar: 21.75g (24.17%), Cholesterol: 0mg (0%), Sodium: 51.66mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin C: 12.59mg (15.25%), Folate: 7.34µg (1.83%), Zinc: 0.27mg (1.78%), Calcium: 17.2mg (1.72%), Copper: 0.03mg (1.39%), Magnesium: 5.3mg (1.32%), Potassium: 43.42mg (1.24%)