

Vanilla-Rosemary Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



250 min.

SERVINGS



40

CALORIES



33 kcal

BEVERAGE

DRINK

Ingredients



3 cups juice of lemon fresh (26 to 30 lemons)



3 small rosemary sprigs fresh



1.5 cups sugar



1 vanilla pod split



3 cups water

Equipment



sauce pan

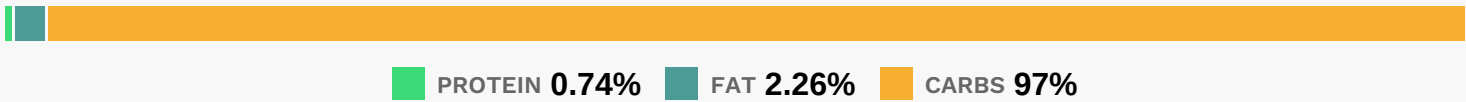


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Directions

- ☐ Combine sugar, vanilla bean, 3 small fresh rosemary sprigs, and water in a medium saucepan. Bring to a light boil over medium heat, stirring occasionally. Simmer 5 minutes.
- ☐ Remove from heat, and let cool 30 minutes.
- ☐ Pour through a fine wire-mesh strainer into a large pitcher, discarding solids. Stir in fresh lemon juice. Cover and chill 3 to 48 hours. Stir just before serving over ice.
- ☐ Garnish, if desired.
- ☐ * 3 (5-oz.) containers frozen lemon juice, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:0.58217393023812%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 33.29kcal (1.66%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.71g (3.17%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 1.16mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Vitamin C: 7.1mg (8.6%)