

Vintage Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients



5 lemons



1.3 quarts water



1.3 cups sugar white

Equipment



bowl



sauce pan

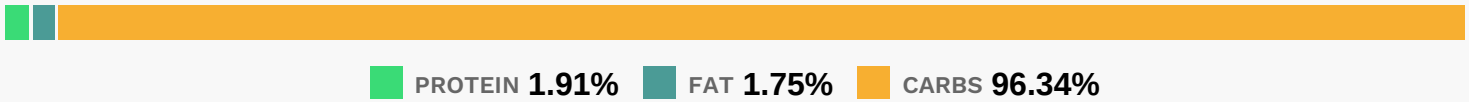


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Directions

- ☐ Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside.
- ☐ Place the rinds in a bowl and sprinkle the sugar over them.
- ☐ Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons.
- ☐ Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds.
- ☐ Squeeze the lemons into another bowl.
- ☐ Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge!
- ☐ Serve with ice cubes.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:45.88, Inflammation Score:-4, Nutrition Score:6.5847827610762%

Flavonoids

Eriodictyol: 28.84mg, Eriodictyol: 28.84mg, Eriodictyol: 28.84mg, Eriodictyol: 28.84mg Hesperetin: 37.67mg, Hesperetin: 37.67mg, Hesperetin: 37.67mg, Hesperetin: 37.67mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg, Luteolin: 2.57mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 279.77kcal (13.99%), Fat: 0.61g (0.93%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 74.83g (24.94%), Net Carbohydrates: 71.05g (25.84%), Sugar: 65.75g (73.06%), Cholesterol: 0mg (0%), Sodium: 18.11mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin C: 71.55mg (86.73%), Fiber: 3.78g (15.12%), Vitamin B6: 0.11mg (5.4%), Potassium: 187.55mg (5.36%), Copper: 0.1mg (5.08%), Iron: 0.84mg (4.67%), Calcium: 44.6mg (4.46%), Folate: 14.85µg (3.71%), Vitamin B1: 0.05mg (3.6%), Magnesium: 13.76mg (3.44%), Vitamin B5: 0.26mg (2.57%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 21.6mg (2.16%), Manganese: 0.04mg (2.15%), Vitamin E: 0.2mg (1.35%), Selenium: 0.92µg (1.31%)