



Warm Homemade Lemonade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



201 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 9 servings cinnamon sticks
- ☐ 0.3 cup honey
- ☐ 3 cups juice of lemon fresh (13 lemons)
- ☐ 1.8 cups sugar
- ☐ 4 cups water

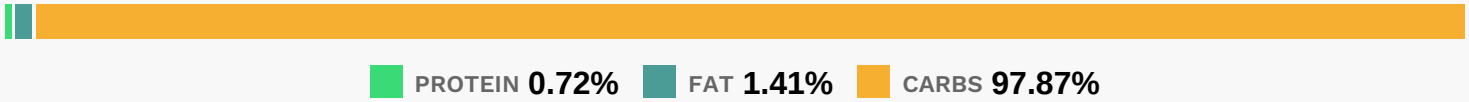
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a 3- or 3 1/2-quart slow cooker.
- ☐ Cover and cook on LOW 3 hours or until thoroughly heated.
- ☐ Whisk well before serving.
- ☐ Serve warm with cinnamon sticks.
- ☐ Lemon Squeeze: We prefer the taste of fresh lemons, but if you don't want to do all that squeezing, substitute lemon juice from concentrate.

Nutrition Facts



Properties

Glycemic Index:14.15, Glycemic Load:31.22, Inflammation Score:-2, Nutrition Score:3.8356521505377%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 201.18kcal (10.06%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 52.39g (19.05%), Sugar: 48.64g (54.04%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 31.6mg (38.3%), Manganese: 0.37mg (18.41%), Fiber: 1.32g (5.3%), Folate: 16.58µg (4.14%), Calcium: 29.03mg (2.9%), Potassium: 98.07mg (2.8%), Copper: 0.04mg (2.14%), Vitamin B6: 0.04mg (2.14%), Magnesium: 7.32mg (1.83%), Iron: 0.29mg (1.61%), Vitamin B2: 0.02mg (1.41%), Vitamin B1: 0.02mg (1.33%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.12%)