



Zero Proof: Blueberry Lavender Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup blueberries fresh plus more for garnish
- 6 servings ice cubes
- 0.3 cup culinary lavender buds dried
- 1 cup juice of lemon fresh
- 1 cup sugar
- 4.5 cups water divided

Equipment

- bowl

pot

blender

Directions

- To make the lavender syrup, bring sugar and 1 cup water to a boil in a sauce pot. Reduce heat and let simmer until sugar is dissolved.
- Add lavender, cover and let steep for 8 to 10 minutes. Strain into a clean bowl and chill.
- Strain lavender syrup into a blender, add blueberries. Puree until smooth.
- Pour blended blueberries into a pitcher, straining and pushing on the solids if desired.
- Add lemon juice and 3 1/2 cups chilled water to the pitcher. Stir and serve over ice.
- Garnish with additional blueberries if desired.

Nutrition Facts

 **PROTEIN 0.91%**  **FAT 1.97%**  **CARBS 97.12%**

Properties

Glycemic Index:18.35, Glycemic Load:24.17, Inflammation Score:-2, Nutrition Score:2.3026086895362%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 152.32kcal (7.62%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 39.13g (14.23%), Sugar: 36.13g (40.15%), Cholesterol: 0mg (0%), Sodium: 12.6mg (0.55%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin C: 18.63mg (22.58%), Manganese: 0.07mg (3.42%), Vitamin K: 3.57µg (3.4%), Calcium: 31.05mg (3.1%), Copper: 0.06mg (2.84%), Folate: 9.24µg (2.31%), Fiber: 0.57g (2.26%), Potassium: 56.8mg (1.62%), Iron: 0.28mg (1.57%), Magnesium: 5.88mg (1.47%), Vitamin B6: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.18%), Vitamin E: 0.17mg (1.11%), Vitamin B1: 0.02mg (1.11%)