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## McCaf Strawberry Lemonade

McCaf Strawberry Lemonade is a refreshing and tangy drink that combines the flavors of sweet strawberries and tart lemons. It's perfect for hot summer days or anytime you need a refreshing pick-me-up. This drink is not vegan or vegetarian.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

1 c	Strawberries
2 medium	Lemons
4 tbsp	sugar
3 c	Water
2 c	Ice

# Directions

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## Step 1

Cut

Wash and hull the strawberries. Slice them into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Juice the lemons to extract the lemon juice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

In a blender, combine the strawberries, lemon juice, sugar, and water. Blend until smooth.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Stirring

Pour the mixture into a pitcher and add the ice. Stir well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve the McCaf Strawberry Lemonade chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 26 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	2 g	5.26%	8%
Sugars	22 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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