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Original Frozen Lemonade · ·

Original Frozen Lemonade is a refreshing drink made with freshly squeezed lemons, sugar, and ice. It is a classic summer beverage enjoyed by people of all ages.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

4 lemons	fresh lemons
1 c	sugar
4 c	Ice
2 c	Water

Directions

Step 1

Squeeze the juice from the lemons into a pitcher.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add sugar to the pitcher and stir until dissolved.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stirring

Add ice and water to the pitcher and stir well.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	0 g	0%	0%
Sugars	9 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%
Vitamin C	30 mg	33.33%	40%
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	0 mg	0%	0%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue

Meal Type

Breakfast Lunch Snack Supper

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Easter

Cost

Under \$10

Demographics

Senior Friendly

Diet

Vegetarian Diet

Vegan Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

Difficulty Level

Easy

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