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Fresh Lemonade ♦♦

Fresh lemonade is a refreshing citrus drink that is perfect for hot summer days. It is made by squeezing fresh lemons and mixing the juice with water and sugar. The drink can be served over ice and garnished with lemon slices or mint leaves. It is a classic beverage that is loved by people of all ages.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Lemons
1000 ml	water
200 g	sugar

Directions

Step 1

Cutting

Cut the lemons in half and squeeze out the juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

In a pitcher, combine the lemon juice, water, and sugar. Stir until the sugar is dissolved.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate the lemonade for at least 1 hour to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the lemonade over ice and garnish with lemon slices or mint leaves, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 64 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	64 g	116.36%	128%
Fibers	2 g	5.26%	8%
Sugars	61 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	120 mg	133.33%	160%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	20 mg	2%	2%
Iron	0 mg	0%	0%
Potassium	140 mg	4.12%	5.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Drinks

Sauces & Dressings

Cultural

Chinese New Year

Christmas

Difficulty Level

Easy

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