

Strawberry Lemonade II

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Servings: 10

*3/4 cup sugar
1 package (3 ounce) strawberry-flavored gelatin
1 cup boiling water
6 cups cold water
1 cup fresh lemon juice*

In a three-quart heat-proof pitcher, stir the sugar, gelatin and boiling water to dissolve the sugar and gelatin.

Add the cold water and lemon juice.

Chill until serving.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 64 Calories; 0g Fat (0.0% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	64	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	3mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	17g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	5mg	Vegetable:	0
Potassium (mg):	31mg	Fruit:	0
Calcium (mg):	5mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 5IU
Vitamin A (r.e.): 1/2RE

Fat: 0
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 64 Calories from Fat: 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	19%
Calcium	1%
Iron	0%

** Percent Daily Values are based on a 2000 calorie diet.*