



Almond Raspberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



231 kcal

BEVERAGE

DRINK

Ingredients



0.5 cup almond syrup chilled (orgeat syrup)



1 quart pink lemonade kool-aid chilled



0.5 cup raspberries

Equipment

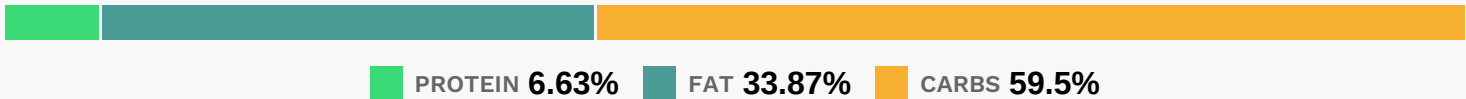
Directions



In a pitcher, stir together all ingredients.

Keeps: Up to 4 hours in a prechilled thermos or container with ice packs.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:19.72, Inflammation Score:-3, Nutrition Score:6.5643478311274%

Flavonoids

Cyanidin: 7.31mg, Cyanidin: 7.31mg, Cyanidin: 7.31mg, Cyanidin: 7.31mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 231.29kcal (11.56%), Fat: 9.02g (13.87%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 32.44g (11.79%), Sugar: 29.43g (32.7%), Cholesterol: 0mg (0%), Sodium: 15.33mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin E: 4.71mg (31.38%), Manganese: 0.51mg (25.45%), Magnesium: 51.56mg (12.89%), Fiber: 3.21g (12.84%), Vitamin B2: 0.21mg (12.32%), Copper: 0.2mg (9.88%), Phosphorus: 90.33mg (9.03%), Calcium: 51.83mg (5.18%), Vitamin C: 3.93mg (4.76%), Potassium: 153.67mg (4.39%), Iron: 0.77mg (4.26%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.74mg (3.68%), Vitamin B1: 0.04mg (2.76%), Folate: 11.02µg (2.75%), Vitamin B6: 0.03mg (1.64%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.17µg (1.11%), Selenium: 0.76µg (1.09%)