



Blueberry Lime Rickey

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



734 kcal

BEVERAGE

DRINK

Ingredients

- 8 ounces blueberries frozen (a scant 2 cups)
- 0.3 cup blueberries
- 1 serving ice cubes
- 0.8 tablespoons juice of lemon
- 1 tablespoon juice of lime
- 0.8 cup sugar
- 0.8 cup water

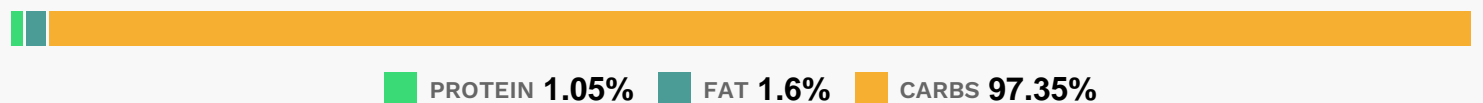
Equipment

- bowl
- sauce pan
- sieve
- potato masher
- spatula
- cheesecloth

Directions

- Combine the blueberries and water in a small saucepan over low heat until soft enough to smash easily with the back of a spatula, about 5 minutes. Carefully mash the blueberries with a potato masher until none remain whole. Increase the heat to medium and keep the mixture at a steady simmer for 8 minutes, stirring frequently. While the blueberries cook, place the sugar in a large heatproof bowl. Line a fine mesh sieve with cheesecloth and place it over the bowl. Carefully pour the blueberry mixture into the sieve and allow it to drip until the dripping becomes intermittent, about 5 minutes. Lift up the sieve and stir the syrup until the sugar is dissolved.
- Place the sieve back on the bowl and allow to drip until the dripping stops, about 5 minutes longer. Save the solids for another use.
- Let the syrup cool to room temperature and refrigerate.
- Combine blueberry syrup, lime juice, and seltzer. Stir to combine, top with ice to fill, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:150.09, Glycemic Load:117.48, Inflammation Score:-7, Nutrition Score:10.810000015342%

Flavonoids

Cyanidin: 22.32mg, Cyanidin: 22.32mg, Cyanidin: 22.32mg, Cyanidin: 22.32mg Petunidin: 83.17mg, Petunidin: 83.17mg, Petunidin: 83.17mg, Petunidin: 83.17mg Delphinidin: 93.46mg, Delphinidin: 93.46mg, Delphinidin: 93.46mg, Delphinidin: 93.46mg Malvidin: 178.3mg, Malvidin: 178.3mg, Malvidin: 178.3mg, Malvidin: 178.3mg Peonidin: 53.52mg, Peonidin: 53.52mg, Peonidin: 53.52mg Catechin: 13.95mg, Catechin: 13.95mg, Catechin:

13.95mg, Catechin: 13.95mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 3.43mg, Myricetin: 3.43mg, Myricetin: 3.43mg, Myricetin: 3.43mg Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg Gallocatechin: 0.32mg, Gallocatechin: 0.32mg, Gallocatechin: 0.32mg, Gallocatechin: 0.32mg

Nutrients (% of daily need)

Calories: 734.09kcal (36.7%), Fat: 1.39g (2.14%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 189.69g (63.23%), Net Carbohydrates: 183.26g (66.64%), Sugar: 176.51g (196.12%), Cholesterol: 0mg (0%), Sodium: 16.22mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin K: 51µg (48.57%), Manganese: 0.9mg (44.82%), Vitamin C: 34.44mg (41.75%), Fiber: 6.42g (25.7%), Vitamin E: 1.55mg (10.36%), Copper: 0.2mg (10.2%), Vitamin B2: 0.14mg (8.27%), Vitamin B6: 0.15mg (7.4%), Vitamin B1: 0.1mg (6.94%), Potassium: 235.26mg (6.72%), Vitamin B3: 1.13mg (5.67%), Magnesium: 20.04mg (5.01%), Folate: 19.58µg (4.89%), Iron: 0.84mg (4.65%), Vitamin B5: 0.36mg (3.6%), Phosphorus: 34.66mg (3.47%), Zinc: 0.48mg (3.19%), Vitamin A: 150.62IU (3.01%), Calcium: 27.11mg (2.71%), Selenium: 1.19µg (1.7%)