



Cherry Fizz

 **Gluten Free**  **Dairy Free**

READY IN



1 min.

SERVINGS



1

CALORIES



104 kcal

SIDE DISH

Ingredients

- 0.5 cup cherry juice concentrate frozen thawed
- 0.5 cup ginger ale

Equipment

Directions

- Place cherry concentrate in a glass. Slowly stir in ginger ale.

Nutrition Facts

PROTEIN 1.82% FAT 0% CARBS 98.18%

Properties

Glycemic Index:63, Glycemic Load:6.51, Inflammation Score:1, Nutrition Score:0.64826087135336%

Nutrients (% of daily need)

Calories: 103.84kcal (5.19%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 26.07g (9.48%), Sugar: 22.3g (24.78%), Cholesterol: 0mg (0%), Sodium: 18.05mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Potassium: 202.72mg (5.79%), Iron: 0.92mg (5.11%), Calcium: 13.33mg (1.33%), Copper: 0.02mg (1.06%)