

Cherry Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

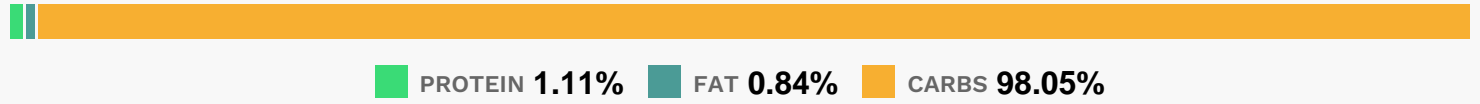
- 1 lime cut into wedges
- 1 serving sugar
- 6 cups coca-cola chilled
- 0.8 cup juice of lime
- 0.5 cup maraschino cherries
- 1 serving ice cubes

Equipment

Directions

- Rub lime wedges on rims of 6 glasses; dip rims in sugar.
- In large pitcher, stir together carbonated beverage, lime juice and cherry juice.
- Fill glasses with ice; fill with limeade.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:15.89, Inflammation Score:-1, Nutrition Score:1.7360869542412%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 138.46kcal (6.92%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 35.49g (12.91%), Sugar: 31.51g (35.02%), Cholesterol: 0mg (0%), Sodium: 11.54mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.88mg (6.29%), Protein: 0.41g (0.83%), Vitamin C: 12.32mg (14.94%), Fiber: 1.06g (4.26%), Phosphorus: 30.44mg (3.04%), Iron: 0.44mg (2.44%), Copper: 0.05mg (2.38%), Calcium: 23.59mg (2.36%), Potassium: 55.68mg (1.59%)