

Cherry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

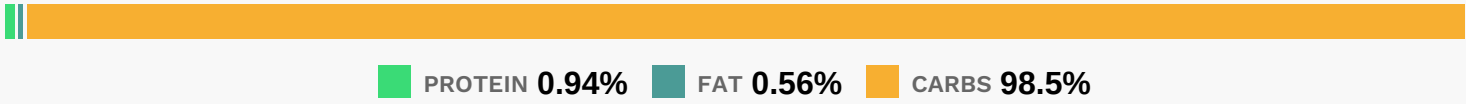
- ☐ 0.5 cup maraschino cherries
- ☐ 6 servings ice cubes
- ☐ 6 cups lemon lime soda chilled
- ☐ 1 lime cut into wedges
- ☐ 0.8 cup juice of lime
- ☐ 6 servings sugar

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:17.02, Glycemic Load:8.65, Inflammation Score:-1, Nutrition Score:1.6178260834321%

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: 186.4kcal (9.32%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 47.48g (17.27%), Sugar: 44.37g (49.3%), Cholesterol: 0mg (0%), Sodium: 28.14mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.4mg (11.8%), Protein: 0.46g (0.92%), Vitamin C: 12.32mg (14.94%), Fiber: 1.06g (4.26%), Copper: 0.05mg (2.67%), Calcium: 25.09mg (2.51%), Magnesium: 6.8mg (1.7%), Potassium: 53.52mg (1.53%), Iron: 0.23mg (1.29%)