



Cherry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 pounds cherries fresh pitted rinsed
- ☐ 1 cup juice of lime
- ☐ 0.5 cup sugar

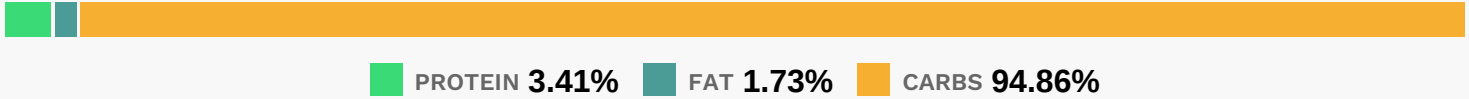
Equipment

- ☐ sieve
- ☐ blender

Directions

☐ In a blender, combine cherries, lime juice, and sugar; whirl until smooth. Press through a fine strainer into a pitcher (at least 2 qt.), extracting as much liquid as possible; discard residue. Stir in 3 cups cold water and serve over ice.

Nutrition Facts



Properties

Glycemic Index:15.35, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:3.6656522264947%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 145.69kcal (7.28%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 35.6g (12.94%), Sugar: 31.83g (35.37%), Cholesterol: 0mg (0%), Sodium: 0.97mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin C: 20.04mg (24.29%), Fiber: 2.54g (10.17%), Potassium: 299.27mg (8.55%), Manganese: 0.09mg (4.37%), Copper: 0.08mg (4%), Magnesium: 15.7mg (3.93%), Vitamin B6: 0.07mg (3.54%), Phosphorus: 29.46mg (2.95%), Vitamin B5: 0.28mg (2.75%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.71%), Iron: 0.45mg (2.52%), Vitamin K: 2.62µg (2.5%), Folate: 8.57µg (2.14%), Calcium: 20.56mg (2.06%), Vitamin A: 92.74IU (1.85%), Vitamin B3: 0.23mg (1.16%), Vitamin E: 0.17mg (1.12%)