



## Cherry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



8

CALORIES



46 kcal

BEVERAGE

DRINK

## Ingredients

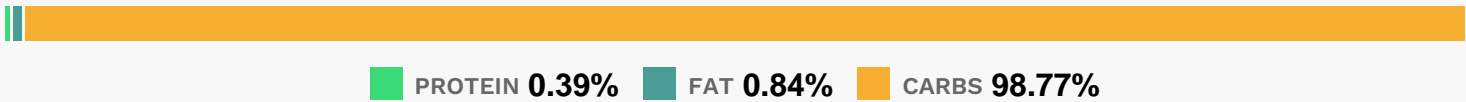
- ☐ 6 ounce limeade concentrate frozen undiluted thawed canned
- ☐ 6 ounce maraschino cherries with stems
- ☐ 2 cups lime-flavored sparkling water chilled
- ☐ 1 cup water

## Equipment

## Directions

- ☐
- Drain cherries, reserving 1/3 cup juice. Set aside 8 cherries, reserving remaining cherries for another use.
- ☐
- Combine 1/3 cup cherry juice, limeade concentrate, and 1 cup water in a pitcher. Cover and chill thoroughly.
- ☐
- Just before serving, stir in sparkling water.
- ☐
- Serve with cherries over crushed ice.
- ☐
- Garnish with lime slices, if desired.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.46000000267573%

### Nutrients (% of daily need)

Calories: 46.14kcal (2.31%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.18g (4.07%), Sugar: 11.07g (12.3%), Cholesterol: 0mg (0%), Sodium: 15.39mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Fiber: 0.68g (2.72%), Copper: 0.04mg (2.1%), Calcium: 15.75mg (1.58%)