

Cherry Limeade I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter lemon lime soda flavored
- 1 lime
- 24 fluid ounce limeade concentrate frozen canned
- 10 ounce maraschino cherries drained

Equipment

Directions

- Pour both cans of concentrated limeade into a large pitcher.
- Mix in lemon-lime soda. Stir in reserved cherry juice. Squeeze juice from lime into mixture, then slice and set aside. Stir well and serve over ice.
- Garnish with cherries and lime slices.

Nutrition Facts

■ **PROTEIN 0.66%**
■ **FAT 0.38%**
■ **CARBS 98.96%**

Properties

Glycemic Index:2.67, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.78391304417797%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.08g (12.75%), Sugar: 34.05g (37.83%), Cholesterol: 0mg (0%), Sodium: 19.46mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.94mg (8.31%), Protein: 0.24g (0.48%), Vitamin C: 3.46mg (4.19%), Fiber: 0.91g (3.65%), Copper: 0.05mg (2.34%), Calcium: 19.11mg (1.91%), Magnesium: 4.13mg (1.03%)