

Cherry Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients



1 cup cherries dark sweet frozen pitted



2 cups bottled cherry juice black



1 cup sparkling ginger soda



2 tablespoons juice of lime fresh (2 large limes)



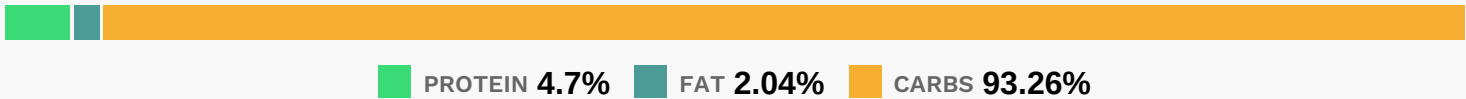
1 cup lime-flavored sparkling water

Equipment

Directions

- ☐ Combine first 4 ingredients in a pitcher. Cover and refrigerate 1 hour or until thoroughly chilled.
- ☐ Add about 2 to 3 frozen cherries to each glass.
- ☐ Pour 1 cup cherry juice mixture over cherries in each glass.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:2.4656521885291%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 106.53kcal (5.33%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 24.91g (9.06%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 25.48mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Potassium: 387.69mg (11.08%), Vitamin C: 5.86mg (7.11%), Iron: 0.99mg (5.49%), Fiber: 1.23g (4.94%), Manganese: 0.08mg (4.05%), Copper: 0.08mg (4.03%), Magnesium: 15.31mg (3.83%), Vitamin B6: 0.06mg (2.91%), Calcium: 22.13mg (2.21%), Phosphorus: 16.45mg (1.65%), Vitamin B5: 0.13mg (1.27%), Vitamin B2: 0.02mg (1.22%), Vitamin B3: 0.24mg (1.22%), Folate: 4.77µg (1.19%), Vitamin B1: 0.02mg (1.15%), Zinc: 0.17mg (1.14%)