

Coral Coolers



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



104 kcal

BEVERAGE

DRINK

Ingredients

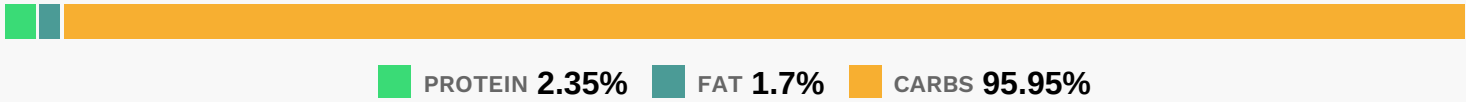
- ☐ 4.5 cups pineapple juice unsweetened
- ☐ 24 ounces lemon-lime soda pop chilled canned
- ☐ 0.5 cup maraschino cherries
- ☐ 8 maraschino cherries with stems

Equipment

Directions

- ☐
- Mix pineapple juice, soda pop and cherry juice; pour into ice-filled glasses.
- ☐
- Garnish each with maraschino cherry.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:4.460434747131%

Nutrients (% of daily need)

Calories: 103.86kcal (5.19%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.6g (8.94%), Sugar: 20.93g (23.25%), Cholesterol: 0mg (0%), Sodium: 6.85mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Manganese: 0.67mg (33.57%), Vitamin C: 13.27mg (16.09%), Vitamin B6: 0.13mg (6.69%), Copper: 0.12mg (6.08%), Folate: 23.9µg (5.97%), Vitamin B1: 0.08mg (5.42%), Potassium: 182.68mg (5.22%), Magnesium: 16.72mg (4.18%), Fiber: 0.9g (3.59%), Calcium: 30.49mg (3.05%), Iron: 0.51mg (2.85%), Vitamin B2: 0.05mg (2.79%), Phosphorus: 19.72mg (1.97%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.26mg (1.32%)