



## Cranberry-Apple Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

BEVERAGE

DRINK

### Ingredients

- 32 ounce apple juice chilled
- 48 ounce cranberry juice cocktail chilled
- 0.3 cup juice of lime
- 12 ounce limeade concentrate undiluted thawed canned

### Equipment

### Directions

Combine all ingredients in a pitcher; stir well, and chill.

Serve over ice.

## Nutrition Facts

■ PROTEIN 0.34% ■ FAT 1.68% ■ CARBS 97.98%

### Properties

Glycemic Index:16.79, Glycemic Load:25.21, Inflammation Score:-4, Nutrition Score:6.3978260781454%

### Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg, Peonidin: 0.93mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 9.37mg, Epicatechin: 9.37mg, Epicatechin: 9.37mg, Epicatechin: 9.37mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

### Nutrients (% of daily need)

Calories: 224.03kcal (11.2%), Fat: 0.43g (0.66%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 56.03g (20.37%), Sugar: 49.23g (54.7%), Cholesterol: 0mg (0%), Sodium: 12.49mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin C: 102.08mg (123.73%), Manganese: 0.22mg (11.16%), Potassium: 201.93mg (5.77%), Vitamin E: 0.54mg (3.58%), Magnesium: 11.77mg (2.94%), Copper: 0.05mg (2.63%), Vitamin B1: 0.04mg (2.36%), Iron: 0.42mg (2.32%), Vitamin K: 2.33µg (2.22%), Calcium: 21.45mg (2.14%), Vitamin B5: 0.21mg (2.11%), Vitamin B2: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.67%), Phosphorus: 14.83mg (1.48%), Fiber: 0.34g (1.37%), Vitamin B3: 0.22mg (1.11%)