



Cranberry Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



12

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups cranberry juice cocktail
- 12 ounces limeade concentrate frozen thawed canned
- 40 ounces seltzer water chilled (5 cups)
- 1 serving lime wedges
- 1 serving cranberries

Equipment

Directions

- Mix cranberry juice cocktail and limeade concentrate in large plastic or glass pitcher. Refrigerate about 1 hour or until chilled.
- Just before serving, stir in sparkling water.
- Serve over ice.
- Garnish with lime wedges and cranberries.

Nutrition Facts

PROTEIN 0.01% **FAT 1.13%** **CARBS 98.86%**

Properties

Glycemic Index:11.42, Glycemic Load:5.13, Inflammation Score:-1, Nutrition Score:1.804782650231%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 48.96kcal (2.45%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 12.46g (4.53%), Sugar: 11.29g (12.55%), Cholesterol: 0mg (0%), Sodium: 21.96mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin C: 27.67mg (33.54%), Manganese: 0.03mg (1.59%)