

Easy Raspberry Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

18

CALORIES

calories

42 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ice cubes crushed
- ☐ 12 fluid ounce raspberry lemonade concentrate frozen canned
- ☐ 0.8 teaspoon juice of lime
- ☐ 1 cup raspberries fresh
- ☐ 3 cups water

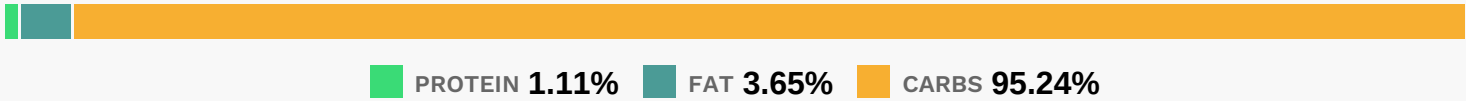
Equipment

- ☐ bowl

Directions

- ☐ In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon–lime soda and crushed ice.
- ☐ Garnish each glass with a fresh raspberry and a mint leaf.

Nutrition Facts



Properties

Glycemic Index:1.44, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.74391304750157%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 42.16kcal (2.11%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.15g (3.69%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 4.08mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin C: 4.39mg (5.32%), Manganese: 0.05mg (2.36%), Fiber: 0.49g (1.97%)