

Fizzy Raspberry Lemonade

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter club soda chilled
- 12 ounce lemonade concentrate frozen undiluted thawed canned
- 10 ounce raspberries frozen thawed
- 7 servings try build-a-meal
- 3 tablespoons sugar

Equipment

- sieve
- blender

Directions

- Process first 3 ingredients in a blender until smooth, stopping to scrape down sides.
- Pour raspberry mixture through a wire-mesh strainer into a large pitcher, discarding seeds; stir in club soda.
- Serve over ice. Fizzy Strawberry Lemonade: Substitute 1 (10-ounce) package frozen strawberries, partially thawed, for frozen raspberries. Prepare recipe as directed. Prep: 10 min.

Nutrition Facts

PROTEIN 1.98% **FAT 3.93%** **CARBS 94.09%**

Properties

Glycemic Index:13.73, Glycemic Load:4.16, Inflammation Score:-2, Nutrition Score:3.8186956501525%

Flavonoids

Cyanidin: 18.54mg, Cyanidin: 18.54mg, Cyanidin: 18.54mg, Cyanidin: 18.54mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 139.35kcal (6.97%), Fat: 0.65g (1%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 31.88g (11.59%), Sugar: 28.56g (31.73%), Cholesterol: 0mg (0%), Sodium: 33.87mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin C: 16.98mg (20.58%), Manganese: 0.35mg (17.31%), Fiber: 3g (12.02%), Magnesium: 16.22mg (4.06%), Vitamin K: 3.32µg (3.16%), Potassium: 106.41mg (3.04%), Folate: 12.06µg (3.01%), Copper: 0.06mg (2.93%), Vitamin E: 0.41mg (2.73%), Zinc: 0.39mg (2.59%), Iron: 0.4mg (2.24%), Phosphorus: 21.47mg (2.15%), Calcium: 21.28mg (2.13%), Vitamin B5: 0.2mg (2.04%), Vitamin B6: 0.04mg (1.8%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.03mg (1.71%), Selenium: 0.82µg (1.17%), Vitamin B2: 0.02mg (1.14%)