



Fizzy Strawberry Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter club soda chilled
- ☐ 12 ounce lemonade concentrate frozen undiluted thawed canned
- ☐ 10 ounce strawberries frozen thawed for raspberries
- ☐ 3 tablespoons sugar

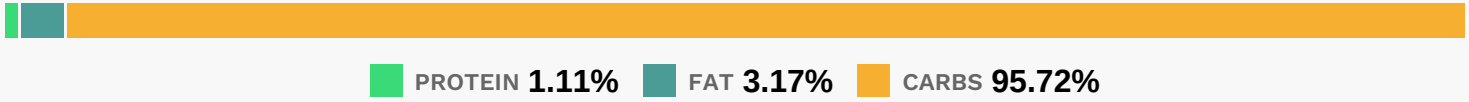
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Process first 3 ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Pour strawberry mixture through a wire-mesh strainer into a large pitcher, discarding seeds; stir in club soda.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:2.2182609014537%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.61kcal (4.48%), Fat: 0.33g (0.51%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 22.07g (8.03%), Sugar: 20.12g (22.35%), Cholesterol: 0mg (0%), Sodium: 23.7mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 21.13mg (25.61%), Manganese: 0.12mg (5.75%), Fiber: 0.67g (2.68%), Folate: 9.19µg (2.3%), Potassium: 69.94mg (2%), Magnesium: 7.07mg (1.77%), Copper: 0.02mg (1.21%), Calcium: 11.95mg (1.2%), Zinc: 0.15mg (1.02%), Vitamin B6: 0.02mg (1.01%)