



Freddie Bartholomew

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

21 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup ice cubes
- ☐ 1 twist lime
- ☐ 1 dash juice of lime sweetened such as Rose's®

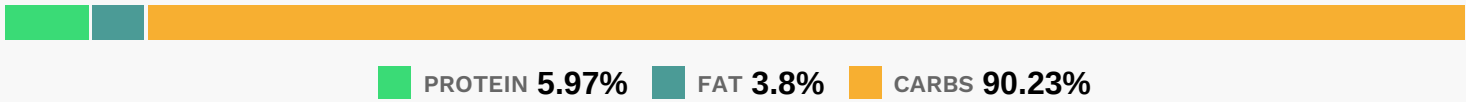
Equipment

Directions

- ☐ Pour a dash of sweetened lime juice into a cocktail glass over ice, then pour in the ginger ale.

Garnish with a twist of lime to serve.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:2.4060869916626%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 29.03mg, Hesperetin: 29.03mg, Hesperetin: 29.03mg, Hesperetin: 29.03mg Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 20.73kcal (1.04%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.36g (1.95%), Sugar: 1.17g (1.31%), Cholesterol: 0mg (0%), Sodium: 7.3mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 20.25mg (24.54%), Fiber: 1.89g (7.54%), Copper: 0.06mg (3.16%), Calcium: 26.01mg (2.6%), Iron: 0.4mg (2.25%), Potassium: 71.26mg (2.04%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.15mg (1.48%), Folate: 5.61µg (1.4%), Vitamin B1: 0.02mg (1.38%), Magnesium: 5.4mg (1.35%), Phosphorus: 12.41mg (1.24%), Vitamin E: 0.15mg (1.02%)