

Fruit Sparkle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 liter ginger ale chilled
- ☐ 0.3 cup juice of lemon
- ☐ 6 ounce orange juice concentrate frozen undiluted thawed canned
- ☐ 6 ounce pineapple juice concentrate frozen undiluted thawed canned
- ☐ 0.7 cup sugar
- ☐ 3.5 cups water divided

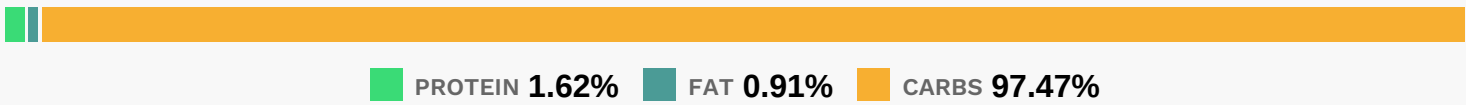
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring 1 1/2 cups water and next 3 ingredients to a boil; reduce heat, and simmer 15 minutes.
- ☐ Pour through a wire-mesh strainer into a large bowl, discarding spices.
- ☐ Process remaining 2 cups water, juice concentrates, and lemon juice in a blender 1 minute or until frothy. Stir into syrup mixture. Chill 3 hours. Stir in ginger ale just before serving.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:39.54, Inflammation Score:-5, Nutrition Score:9.0717390024144%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 306.27kcal (15.31%), Fat: 0.32g (0.5%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 77.95g (25.98%), Net Carbohydrates: 76.46g (27.81%), Sugar: 72.76g (80.84%), Cholesterol: 0mg (0%), Sodium: 32.3mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin C: 71.88mg (87.13%), Manganese: 0.58mg (28.8%), Folate: 43.55µg (10.89%), Potassium: 349.17mg (9.98%), Vitamin B1: 0.15mg (9.71%), Vitamin B6: 0.16mg (8.14%), Copper: 0.14mg (7.16%), Magnesium: 26.52mg (6.63%), Fiber: 1.49g (5.94%), Vitamin B2: 0.09mg (5.45%), Calcium: 54.16mg (5.42%), Iron: 0.9mg (4.98%), Vitamin A: 169.37IU (3.39%), Phosphorus: 31.68mg (3.17%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.33mg (2.18%), Zinc: 0.3mg (2.02%), Selenium: 0.73µg (1.05%)