



## Hair-of-the-Dog Pineapple Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

BEVERAGE

DRINK

### Ingredients



3 cups club soda



2 cups ice cubes



12 oz pineapple juice concentrate frozen canned

### Equipment

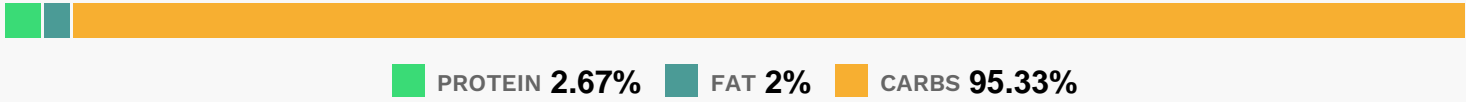


whisk

### Directions

- ☐
- Put frozen pineapple juice in a large pitcher.
- ☐
- Add 2 to 3 tbsp. seltzer; whisk to blend. Gently stir in 3 cups seltzer and plop in some ice.
- ☐
- Serve with bottles of whatever was imbibed the night before, so each person can add to tasteor not at all.

# Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:2.7939130595845%

## Nutrients (% of daily need)

Calories: 45.08kcal (2.25%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.78g (3.92%), Sugar: 8.49g (9.43%), Cholesterol: 0mg (0%), Sodium: 44.88mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Manganese: 0.43mg (21.52%), Vitamin C: 8.5mg (10.31%), Copper: 0.09mg (4.41%), Vitamin B6: 0.09mg (4.25%), Folate: 15.31µg (3.83%), Magnesium: 13.16mg (3.29%), Vitamin B1: 0.05mg (3.29%), Potassium: 114.11mg (3.26%), Calcium: 23.48mg (2.35%), Zinc: 0.28mg (1.89%), Iron: 0.28mg (1.56%), Vitamin B2: 0.02mg (1.05%)