



Homemade Cherry Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 oz cherries dark sweet frozen pitted
- ☐ 16 servings seltzer water
- ☐ 1.5 cups little demerara sugar
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup maraschino cherries jarred
- ☐ 1 cup water

Equipment

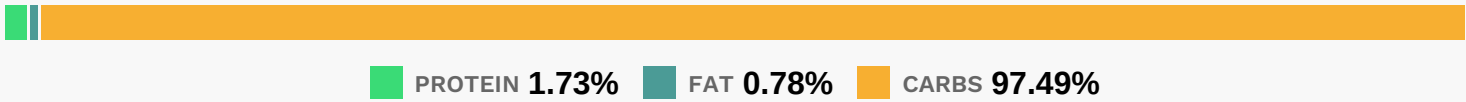
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring cherries, Demerara sugar, and water to a boil in a large saucepan over medium-high heat. Reduce heat to low; simmer, stirring occasionally, 15 to 20 minutes or until cherries are tender.
- ☐ Let stand 30 minutes. Press mixture through a fine wire-mesh strainer into a pitcher, using back of a spoon to squeeze out juices; discard pulp. Stir in lime juice and liquid from jarred maraschino cherries. Chill 2 to 24 hours. Stir together 3 Tbsp. cherry mixture and 1 cup club soda for each serving.
- ☐ Serve over ice in 16-oz. glasses.

Nutrition Facts



Properties

Glycemic Index:1.38, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:1.2934782746369%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 109.59kcal (5.48%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.66g (9.7%), Sugar: 25.6g (28.45%), Cholesterol: 0mg (0%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 5.25mg (6.36%), Fiber: 1.04g (4.17%), Potassium: 109.49mg (3.13%), Manganese: 0.04mg (2.01%), Copper: 0.04mg (1.85%), Magnesium: 5.96mg (1.49%), Iron: 0.25mg (1.36%), Vitamin B6: 0.02mg (1.19%), Calcium: 11.33mg (1.13%), Phosphorus: 10.29mg (1.03%)