



Kiwi-Lemonade Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 kiwifruit peeled
- ☐ 3 cups lemon-lime drink chilled soft
- ☐ 12 ounce lemonade concentrate frozen undiluted thawed canned

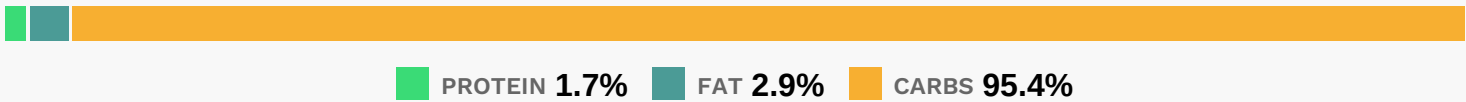
Equipment

- ☐ food processor
- ☐ sieve

Directions

- ☐ Cut kiwifruit into chunks. Process fruit chunks and lemonade concentrate in a food processor until smooth, stopping to scrape down sides.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher, discarding solids. Stir in lemon-lime soft drink just before serving.
- ☐ Strawberry-Kiwi-Lemonade Spritzer: Process 2 cups fresh strawberries; 4 kiwifruit, peeled and cut into chunks; and 1 (12-ounce) can frozen lemonade concentrate, undiluted and thawed, in a food processor until smooth, stopping to scrape down sides. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:7.2617391943932%

Flavonoids

Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 233.64kcal (11.68%), Fat: 0.8g (1.23%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 56.51g (20.55%), Sugar: 51.25g (56.95%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 21.24mg (7.08%), Protein: 1.05g (2.1%), Vitamin C: 63.29mg (76.72%), Vitamin K: 29.47µg (28.07%), Fiber: 2.39g (9.55%), Vitamin E: 1.01mg (6.72%), Folate: 23.69µg (5.92%), Potassium: 194.55mg (5.56%), Copper: 0.11mg (5.32%), Magnesium: 17.83mg (4.46%), Manganese: 0.08mg (4.01%), Calcium: 33.07mg (3.31%), Phosphorus: 29.51mg (2.95%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.21mg (2.11%), Vitamin B3: 0.37mg (1.83%), Iron: 0.26mg (1.47%), Vitamin A: 63.34IU (1.27%), Vitamin B2: 0.02mg (1.07%)