



## Lime Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



5

CALORIES



142 kcal

SIDE DISH

## Ingredients

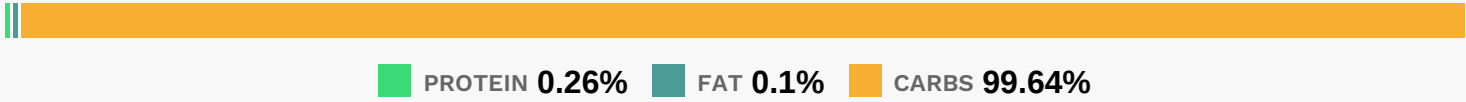
- ☐ 3.5 cups seltzer water chilled
- ☐ 5 servings ice crushed
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.8 cup simple syrup glaze

## Equipment

## Directions

- ☐
- Fill a large pitcher with crushed ice.
- ☐
- Pour Lime Simple Syrup and lime juice over ice.
- ☐
- Add club soda, and stir gently to combine.
- ☐
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.713043488886%

## Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 142.03kcal (7.1%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 38.91g (14.15%), Sugar: 37.41g (41.57%), Cholesterol: 0mg (0%), Sodium: 64.63mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Iron: 1.86mg (10.32%), Vitamin C: 7.26mg (8.8%), Vitamin B1: 0.07mg (4.78%), Magnesium: 8.66mg (2.16%), Vitamin B2: 0.03mg (2%), Zinc: 0.28mg (1.87%), Calcium: 18.27mg (1.83%), Potassium: 63.47mg (1.81%), Copper: 0.03mg (1.34%)