



## Michigan Fizz

 **Gluten Free**  **Dairy Free**

READY IN



**1 min.**

SERVINGS



**1**

CALORIES



**104 kcal**

SIDE DISH

### Ingredients

- 3 tablespoons cherry juice concentrate frozen
- 1 cup ginger ale soda

### Equipment

### Directions

- Measure concentrated cherry juice into a tall glass. Fill glass with ginger ale and stir gently.

### Nutrition Facts

PROTEIN 0.68% FAT 0% CARBS 99.32%

## Properties

Glycemic Index:63, Glycemic Load:13.02, Inflammation Score:1, Nutrition Score:0.54434781877891%

## Nutrients (% of daily need)

Calories: 104.19kcal (5.21%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 26.59g (9.67%), Sugar: 25.44g (28.27%), Cholesterol: 0mg (0%), Sodium: 20.2mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Iron: 0.69mg (3.84%), Potassium: 78.13mg (2.23%), Copper: 0.04mg (2.12%), Manganese: 0.03mg (1.53%), Calcium: 10.76mg (1.08%)