



Pineapple-Ginger-Limeade Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 inch ginger fresh chopped
- ☐ 10 servings ice cubes crushed
- ☐ 1.3 cups juice of lime fresh
- ☐ 1.5 teaspoons lime rind grated
- ☐ 46 oz pineapple juice unsweetened canned
- ☐ 1.5 cups sugar
- ☐ 1.5 cups water

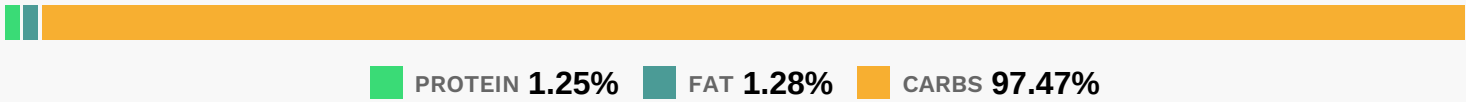
Equipment

☐ sieve

Directions

- ☐ Bring first 5 ingredients to a boil, stirring until sugar dissolves. Reduce heat, and simmer 8 minutes.
- ☐ Remove from heat; let stand 1 hour.
- ☐ Pour pineapple juice mixture through a wire-mesh strainer into a large pitcher, discarding ginger. Stir in lime rind, and, if desired, rum.
- ☐ Serve over crushed ice.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:28.6, Inflammation Score:-2, Nutrition Score:4.9152173970057%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 193.95kcal (9.7%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 49.62g (16.54%), Net Carbohydrates: 49.18g (17.88%), Sugar: 43.51g (48.34%), Cholesterol: 0mg (0%), Sodium: 5.62mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Manganese: 0.67mg (33.44%), Vitamin C: 22.31mg (27.04%), Vitamin B6: 0.15mg (7.27%), Folate: 26.75µg (6.69%), Potassium: 214.54mg (6.13%), Vitamin B1: 0.08mg (5.59%), Copper: 0.11mg (5.55%), Magnesium: 19.35mg (4.84%), Iron: 0.46mg (2.56%), Calcium: 23.02mg (2.3%), Vitamin B2: 0.04mg (2.26%), Fiber: 0.43g (1.73%), Vitamin B3: 0.32mg (1.59%), Phosphorus: 15.44mg (1.54%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.15%)