



Pineapple Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

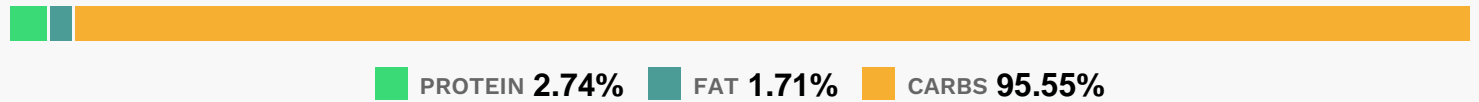
- 20 ounce pineapple canned
- 4 limes
- 4 servings reserved pineapple juice from chicken burritos with pineapple salsa recipe
- 0.3 cup sugar
- 4 ounces tequila
- 1 cup water

Equipment

Directions

- Cut the limes into small pieces and reserve 4 slices for garnish. Strain the juice from the pineapple slices and combine with the reserved pineapple juice. Set aside 4 pineapple slices for garnish and roughly chop the remainder.
- In a pitcher muddle the limes and stir in the sugar.
- Add the chopped pineapple, and muddle a bit more. Stir in the pineapple juice and 1 cup water.
- Add tequila, if desired.
- Serve in ice filled glasses garnished with pineapple and lime slices.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:10.44, Inflammation Score:-4, Nutrition Score:5.5117392099422%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 219.29kcal (10.96%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 37.95g (13.8%), Sugar: 33.92g (37.69%), Cholesterol: 0mg (0%), Sodium: 6.14mg (0.27%), Alcohol: 9.47g (100%), Alcohol %: 3.87% (100%), Protein: 1.2g (2.39%), Vitamin C: 32.92mg (39.9%), Fiber: 3.72g (14.88%), Vitamin B1: 0.17mg (11.13%), Copper: 0.21mg (10.61%), Potassium: 246.22mg (7.03%), Vitamin B6: 0.14mg (6.82%), Magnesium: 25.99mg (6.5%), Calcium: 46.82mg (4.68%), Iron: 0.82mg (4.55%), Folate: 12.63µg (3.16%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 23.2mg (2.32%), Vitamin A: 104.42IU (2.09%), Zinc: 0.24mg (1.57%), Vitamin B5: 0.15mg (1.46%), Vitamin K: 1.4µg (1.33%), Selenium: 0.91µg (1.3%), Vitamin E: 0.18mg (1.17%)