

Pineapple Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



99 kcal

BEVERAGE

DRINK

Ingredients



1 slice lime



1 cup juice of lime



6 cups pineapple juice chilled



2 liters seltzer water chilled



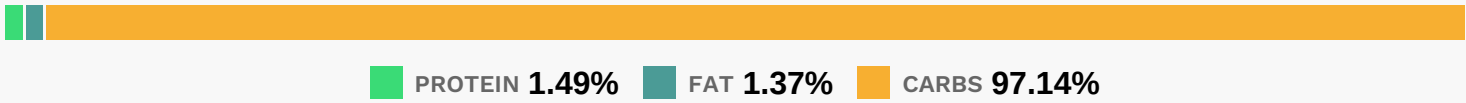
1 cup sugar

Equipment

Directions

- ☐ Mix sugar and juices in large plastic or glass pitcher.
- ☐ Pour half of mixture into another pitcher.
- ☐ Just before serving, stir sparkling water into juice mixture.
- ☐ Serve over ice.
- ☐ Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:9.26, Glycemic Load:13.9, Inflammation Score:-1, Nutrition Score:3.2173912959254%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg, Hesperetin: 1.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 98.94kcal (4.95%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 24.91g (9.06%), Sugar: 21.57g (23.97%), Cholesterol: 0mg (0%), Sodium: 28.46mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Manganese: 0.45mg (22.53%), Vitamin C: 13.51mg (16.38%), Vitamin B6: 0.09mg (4.72%), Folate: 17.48µg (4.37%), Potassium: 135.94mg (3.88%), Copper: 0.07mg (3.69%), Vitamin B1: 0.06mg (3.68%), Magnesium: 13.11mg (3.28%), Calcium: 20.14mg (2.01%), Iron: 0.31mg (1.72%), Zinc: 0.24mg (1.57%), Vitamin B2: 0.02mg (1.37%)