



Pineapple Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



99 kcal

BEVERAGE

DRINK

Ingredients

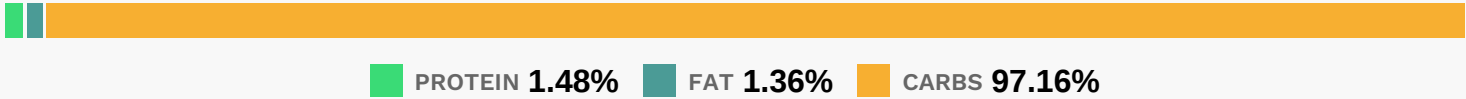
- ☐ 1 cup juice of lime
- ☐ 6 cups pineapple juice chilled
- ☐ 2 liters seltzer water chilled
- ☐ 1 cup sugar

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:7.26, Glycemic Load:13.88, Inflammation Score:-1, Nutrition Score:3.2034782838562%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 98.81kcal (4.94%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 24.88g (9.05%), Sugar: 21.56g (23.96%), Cholesterol: 0mg (0%), Sodium: 28.45mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Manganese: 0.45mg (22.53%), Vitamin C: 13.39mg (16.23%), Vitamin B6: 0.09mg (4.71%), Folate: 17.44µg (4.36%), Potassium: 135.5mg (3.87%), Copper: 0.07mg (3.68%), Vitamin B1: 0.06mg (3.67%), Magnesium: 13.08mg (3.27%), Calcium: 20mg (2%), Iron: 0.31mg (1.7%), Zinc: 0.24mg (1.57%), Vitamin B2: 0.02mg (1.37%)