



Pineapple Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup juice of lime fresh (4 limes)
- 4 cups pineapple juice
- 32 ounce lime-flavored sparkling water
- 0.8 cup sugar

Equipment

Directions

Stir together first 3 ingredients and, if desired, tequila. Cover and freeze 8 hours. Stir in sparkling water just before serving.

Note: Thaw mixture slightly before adding sparkling water, if omitting tequila.

Nutrition Facts

PROTEIN 1.39% **FAT 1.33%** **CARBS 97.28%**

Properties

Glycemic Index:11.61, Glycemic Load:15.97, Inflammation Score:-1, Nutrition Score:3.384347834017%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg 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: 111.82kcal (5.59%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 28.19g (10.25%), Sugar: 24.66g (27.4%), Cholesterol: 0mg (0%), Sodium: 21.41mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Manganese: 0.48mg (24.01%), Vitamin C: 14.28mg (17.31%), Vitamin B6: 0.1mg (5.03%), Folate: 18.61µg (4.65%), Potassium: 143.71mg (4.11%), Vitamin B1: 0.06mg (3.92%), Copper: 0.08mg (3.8%), Magnesium: 13.53mg (3.38%), Calcium: 19.22mg (1.92%), Iron: 0.32mg (1.8%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.21mg (1.05%), Fiber: 0.25g (1.01%)