



Pom-Ade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



77 kcal

SIDE DISH

Ingredients

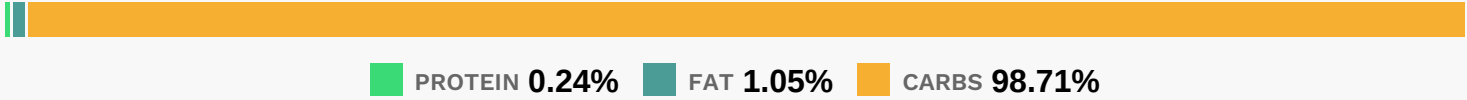
- ☐ 0.5 cup seltzer water
- ☐ 2 servings ice cubes
- ☐ 1 cup pink lemonade kool-aid
- ☐ 0.3 cup pomegranate juice

Equipment

Directions

- ☐
- Mix lemonade, soda, and pomegranate juice in a small pitcher. Fill 2 tall glasses with ice.
- ☐
- Pour lemonade mixture over.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:9.65, Inflammation Score:-1, Nutrition Score:0.68217391229194%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 76.66kcal (3.83%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 19.01g (6.91%), Sugar: 17.88g (19.87%), Cholesterol: 0mg (0%), Sodium: 25.5mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin K: 3.24µg (3.08%), Potassium: 67.79mg (1.94%), Folate: 7.47µg (1.87%), Manganese: 0.03mg (1.51%)