

Pomegranate Fizzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 cup diet ginger ale
- ☐ 1 cup berry juice mixed such as Dole's Berry Blend
- ☐ 2 tablespoons juice of lime
- ☐ 16 ounce pomegranate juice such as POM Wonderful

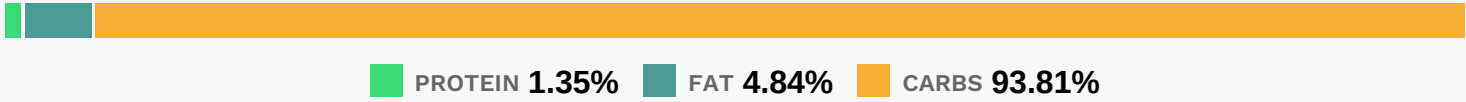
Equipment

Directions

- ☐
- Combine first 3 ingredients in a pitcher; cover and chill, if desired.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:3.5178260725477%

Flavonoids

Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 9.28mg, Delphinidin: 9.28mg, Delphinidin: 9.28mg, Delphinidin: 9.28mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 102.93kcal (5.15%), Fat: 0.58g (0.9%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 24.19g (8.8%), Sugar: 22.94g (25.49%), Cholesterol: 0mg (0%), Sodium: 14.87mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin K: 18.19µg (17.33%), Manganese: 0.17mg (8.69%), Potassium: 272.96mg (7.8%), Folate: 30.68µg (7.67%), Fiber: 1.19g (4.76%), Vitamin E: 0.63mg (4.22%), Vitamin C: 3.33mg (4.04%), Vitamin B5: 0.38mg (3.81%), Vitamin B6: 0.07mg (3.55%), Magnesium: 11.07mg (2.77%), Copper: 0.05mg (2.46%), Vitamin B3: 0.48mg (2.38%), Vitamin B1: 0.03mg (2.09%), Vitamin B2: 0.03mg (1.91%), Calcium: 18.39mg (1.84%), Phosphorus: 17.79mg (1.78%), Iron: 0.3mg (1.64%), Zinc: 0.16mg (1.1%)