



Pomegranate Refreshers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients



2 cups club soda chilled



6 servings ice cubes



0.3 cup juice of lemon fresh



2 cups pomegranate juice chilled



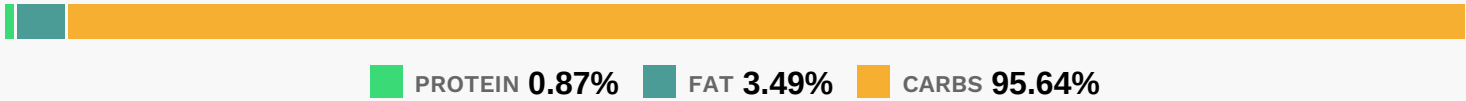
3 tablespoons sugar

Equipment

Directions

- ☐ Combine first 3 ingredients in a small pitcher, stirring until sugar dissolves. Gently stir in club soda.
- ☐ Serve over ice, and garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:2.0091304433249%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 70.16kcal (3.51%), Fat: 0.28g (0.44%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 17.44g (6.34%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 26.99mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin K: 8.63µg (8.22%), Folate: 21.95µg (5.49%), Potassium: 189.79mg (5.42%), Vitamin C: 4.02mg (4.87%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.33mg (2.2%), Magnesium: 7.77mg (1.94%), Vitamin B6: 0.04mg (1.89%), Copper: 0.03mg (1.66%), Calcium: 15.42mg (1.54%), Zinc: 0.16mg (1.1%), Vitamin B3: 0.2mg (1.01%)