



WHATSheATE



Pucker Up Lemonade Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



12 kcal

BEVERAGE

DRINK

Ingredients



0.5 cup club soda chilled



5 servings ice cubes



0.5 cup make-ahead lemonade syrup chilled

Equipment

Directions



Combine Make-Ahead Lemonade Syrup and club soda.

- ☐
- Serve over ice cubes, and garnish with fresh mint leaves, if desired.
- ☐
- Serve immediately.

Nutrition Facts

PROTEIN 0%

FAT 0%

CARBS 100%

Properties

Glycemic Index:12.9, Glycemic Load:1.93, Inflammation Score:0, Nutrition Score:0.053913042516164%

Nutrients (% of daily need)

Calories: 11.97kcal (0.6%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 9.26mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)