

Raspberry Fizz



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup ginger ale
- ☐ 3 tablespoons juice of lime
- ☐ 3 cups seltzer
- ☐ 1 pint raspberry sorbet
- ☐ 0.5 cup sugar

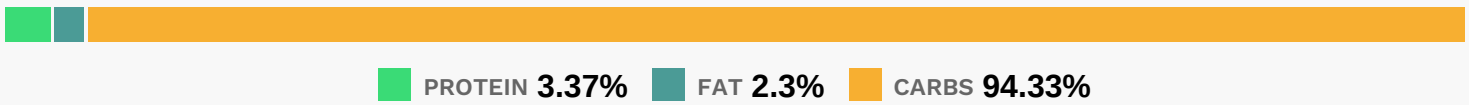
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over high heat, combine the sugar and 1/2 cup of water. Bring to a boil and cook until slightly thickened, about 2 minutes.
- ☐ Remove from heat and add the lime juice.
- ☐ Let the lime syrup cool to room temperature.
- ☐ In a large pitcher, combine 1/2 cup of lime syrup with the cranberry juice, seltzer, and ginger ale. To serve, pour into glasses and top with scoops of raspberry sorbet.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:19.52, Inflammation Score:-1, Nutrition Score:2.1499999709751%

Flavonoids

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 Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216kcal (10.8%), Fat: 0.56g (0.87%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 50.41g (18.33%), Sugar: 45.45g (50.5%), Cholesterol: 0mg (0%), Sodium: 82.44mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin C: 10.09mg (12.23%), Vitamin E: 1.03mg (6.86%), Fiber: 1.61g (6.45%), Vitamin K: 4.35µg (4.14%), Copper: 0.06mg (3.19%), Vitamin B6: 0.05mg (2.34%), Potassium: 76.8mg (2.19%), Magnesium: 7.24mg (1.81%), Iron: 0.31mg (1.71%), Zinc: 0.23mg (1.53%), Calcium: 15.06mg (1.51%), Phosphorus: 12.01mg (1.2%), Vitamin B2: 0.02mg (1.15%)