



Raspberry Lemonade

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



24 kcal

BEVERAGE

DRINK

Ingredients

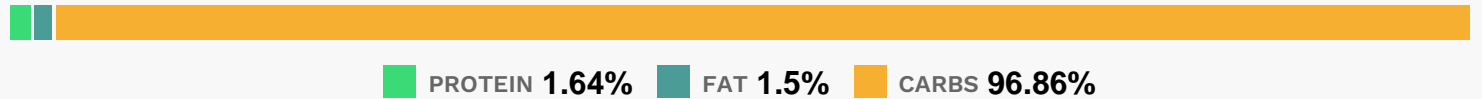
- 1 cup diet carbonated lemon-lime soda cold
- 0.1 oz pkt. crystal on the go pink lemonade flavor drink mix light
- 1 Tbsp juice of lime
- 0.1 oz pkt. crystal on the go raspberry ice flavor drink mix light
- 4 cups water cold

Equipment

Directions

- Add water and lime juice to drink mixes in 2-qt. plastic or glass pitcher; stir until mixes are dissolved.
- Refrigerate until ready to serve.
- Stir in carbonated beverage.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.30565217858099%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.34kcal (1.22%), Fat: 0.04g (0.06%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.72g (6.36%), Cholesterol: 0.08mg (0.03%), Sodium: 16mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.1g (0.21%), Copper: 0.03mg (1.61%), Vitamin C: 1.2mg (1.46%), Magnesium: 4.74mg (1.19%)