



Raspberry-Lemonade Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



3

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients



12 ounce lemonade concentrate frozen canned



1 pint raspberries fresh



750 milliliter seltzer water

Equipment

Directions



Combine lemonade and raspberries in an ice-filled pitcher. Stir in sparkling water.

Nutrition Facts



 **PROTEIN 2.63%**  **FAT 5.02%**  **CARBS 92.35%**

Properties

Glycemic Index:8.67, Glycemic Load:2.21, Inflammation Score:-5, Nutrition Score:12.073478154514%

Flavonoids

Cyanidin: 72.19mg, Cyanidin: 72.19mg, Cyanidin: 72.19mg, Cyanidin: 72.19mg Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg, Petunidin: 0.49mg Delphinidin: 2.08mg, Delphinidin: 2.08mg, Delphinidin: 2.08mg, Delphinidin: 2.08mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 1.55mg, Pelargonidin: 1.55mg, Pelargonidin: 1.55mg, Pelargonidin: 1.55mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 5.55mg, Epicatechin: 5.55mg, Epicatechin: 5.55mg, Epicatechin: 5.55mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 304.28kcal (15.21%), Fat: 1.82g (2.8%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 64.76g (23.55%), Sugar: 57.43g (63.82%), Cholesterol: 0mg (0%), Sodium: 62.02mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 56.18mg (68.1%), Manganese: 1.07mg (53.7%), Fiber: 10.59g (42.37%), Vitamin K: 12.53µg (11.93%), Magnesium: 45.14mg (11.28%), Folate: 41.06µg (10.27%), Vitamin E: 1.47mg (9.83%), Potassium: 324.81mg (9.28%), Copper: 0.17mg (8.58%), Iron: 1.22mg (6.75%), Vitamin B5: 0.65mg (6.49%), Zinc: 0.96mg (6.39%), Calcium: 59.87mg (5.99%), Vitamin B6: 0.11mg (5.47%), Phosphorus: 53.68mg (5.37%), Vitamin B3: 1.07mg (5.34%), Vitamin B1: 0.07mg (4.88%), Vitamin B2: 0.06mg (3.53%), Selenium: 0.77µg (1.1%), Vitamin A: 52.05IU (1.04%)