



Red and Blue Lemonade Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



250 min.

SERVINGS



12

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups blueberries
- 24 oz lemonade concentrate frozen thawed canned
- 2 medium optional: lemon cut into slices
- 12 oz limoncello
- 1 cup mint leaves
- 2 cups raspberries
- 12 cups seltzer water
- 1 lb strawberries stemmed halved

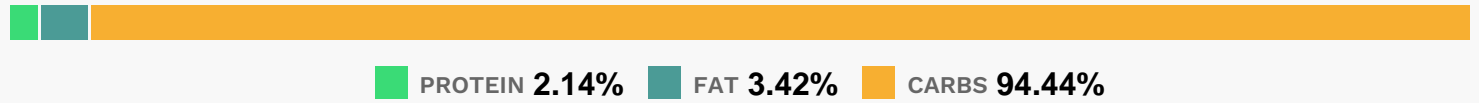
Equipment

bowl

Directions

- Fill a bowl with water, add 1 sliced lemon. Freeze completely, about 4 hours.
- In large pitcher or glass drink dispenser, add lemonade concentrate.
- Pour in sparkling water.
- Mix well.
- Remove bowl from freezer. Dip bowl into warm water, and turn ice out. Put ice in pitcher of lemonade mixture.
- Add other sliced lemon, berries and mint leaves.
- Pour into glasses, and add 1 oz limoncello to each.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:6.9052173884019%

Flavonoids

Cyanidin: 11.88mg, Cyanidin: 11.88mg, Cyanidin: 11.88mg, Cyanidin: 11.88mg Petunidin: 7.88mg, Petunidin: 7.88mg, Petunidin: 7.88mg, Petunidin: 7.88mg Delphinidin: 9.12mg, Delphinidin: 9.12mg, Delphinidin: 9.12mg, Delphinidin: 9.12mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 9.59mg, Pelargonidin: 9.59mg, Pelargonidin: 9.59mg, Pelargonidin: 9.59mg Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg, Peonidin: 5.05mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg

Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 258.53kcal (12.93%), Fat: 0.81g (1.25%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 46.77g (17.01%), Sugar: 41.77g (46.41%), Cholesterol: 0mg (0%), Sodium: 56mg (2.43%), Alcohol: 9.1g (100%), Alcohol %: 2.71% (100%), Protein: 1.14g (2.28%), Vitamin C: 48.02mg (58.2%), Manganese: 0.42mg (21.1%), Fiber: 3.62g (14.49%), Vitamin K: 7.27µg (6.92%), Folate: 24.98µg (6.24%), Potassium: 198.76mg (5.68%), Magnesium: 21.57mg (5.39%), Copper: 0.09mg (4.54%), Calcium: 42.12mg (4.21%), Iron: 0.74mg (4.08%), Vitamin A: 187.72IU (3.75%), Vitamin B6: 0.07mg (3.61%), Vitamin E: 0.5mg (3.35%), Zinc: 0.49mg (3.25%), Vitamin B1: 0.05mg (3.08%), Phosphorus: 27.42mg (2.74%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.26mg (2.56%), Vitamin B2: 0.04mg (2.33%)