



## Refreshing Strawberry Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 cups strawberries sliced
- 0.5 cup sugar
- 30 ml lemon lime soda (I used)
- 60 ml juice of lime (preferably lemon lime seltzer, if not add a couple extra tbsp lime juice)
- 4 servings sugar for rimming glasses
- 1 juice of lime
- 4 servings lime sliced for garnish
- 4 servings ice cubes

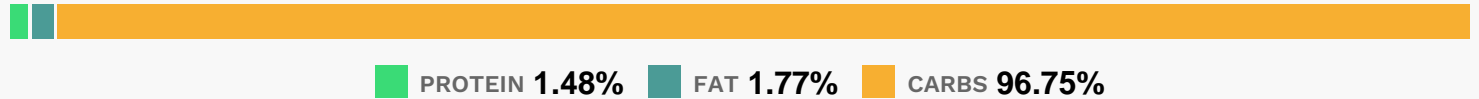
## Equipment

- food processor
- bowl
- blender

## Directions

- Add berries and sugar to a bowl and let macerate for about 30 minutes.
- Add berries to a food processor (or blender) and pulse until smooth.
- In a large pitcher add ice (about 1/3 of the way), then top with 2 parts seltzer to one part lemon lime soda.
- Stir in a few scoops of strawberry puree and add juice from 1 lime.
- Stir well then taste.
- Add more strawberry and lime juice if needed.
- I add thinly slice lime to the pitcher and garnish the glasses with lime wedges and a sugared rim.

## Nutrition Facts



## Properties

Glycemic Index:35.52, Glycemic Load:18.85, Inflammation Score:-3, Nutrition Score:4.0908695652174%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

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## **Nutrients (% of daily need)**

Calories: 128.4kcal (6.42%), Fat: 0.27g (0.42%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 32.12g (11.68%), Sugar: 29.85g (33.17%), Cholesterol: 0mg (0%), Sodium: 4.97mg (0.22%), Protein: 0.51g (1.03%), Vitamin C: 40.64mg (49.26%), Manganese: 0.21mg (10.73%), Fiber: 1.37g (5.47%), Folate: 15.8µg (3.95%), Potassium: 117.35mg (3.35%), Magnesium: 9.92mg (2.48%), Copper: 0.05mg (2.37%), Vitamin B6: 0.04mg (1.85%), Phosphorus: 17.43mg (1.74%), Iron: 0.3mg (1.68%), Calcium: 16.35mg (1.63%), Vitamin E: 0.22mg (1.48%), Vitamin B1: 0.02mg (1.38%), Vitamin K: 1.37µg (1.3%), Vitamin B3: 0.26mg (1.28%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.11mg (1.11%)