



## Rhubarb Spritzers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



65 kcal

BEVERAGE

DRINK

### Ingredients

- 12 slices lime
- 2 tablespoons juice of lime fresh
- 2 pounds rhubarb cut into 1-inch pieces
- 25 ounce seltzer water chilled
- 0.8 cup sugar
- 2.5 cups water

### Equipment

- bowl

sauce pan

sieve

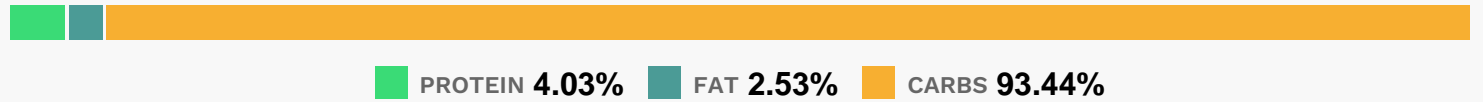
## Directions

Combine first 3 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Strain mixture through a sieve into a bowl, pressing rhubarb with the back of a spoon to remove as much liquid as possible. Discard solids. Cool to room temperature. Stir in juice. Cover and chill.

Stir in sparkling water just before serving.

Garnish with lime slices.

## Nutrition Facts



## Properties

Glycemic Index:9.59, Glycemic Load:9.02, Inflammation Score:-1, Nutrition Score:3.2395652428917%

## Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 64.93kcal (3.25%), Fat: 0.19g (0.3%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 14.8g (5.38%), Sugar: 13.37g (14.85%), Cholesterol: 0mg (0%), Sodium: 18.09mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 22.17µg (21.12%), Vitamin C: 7.09mg (8.59%), Manganese: 0.15mg (7.49%), Calcium: 70.25mg (7.03%), Potassium: 223.1mg (6.37%), Fiber: 1.4g (5.6%), Magnesium: 10.42mg (2.6%), Vitamin A: 78.86IU (1.58%), Vitamin B2: 0.03mg (1.51%), Copper: 0.03mg (1.48%), Folate: 5.62µg (1.41%), Vitamin E: 0.21mg (1.41%), Selenium: 0.91µg (1.3%), Vitamin B3: 0.23mg (1.16%), Phosphorus: 11.11mg (1.11%), Vitamin B1: 0.02mg (1.07%), Iron: 0.19mg (1.04%)