

Shirley Temple

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



118 kcal

SIDE DISH

Ingredients

- 3 ounces seltzer water
- 1.3 ounces grenadine syrup
- 1 serving ice cubes
- 0.5 ounce juice of lemon freshly squeezed
- 0.5 ounce juice of lime freshly squeezed
- 2 maraschino cherries

Equipment

- drinking straws

Directions

- Place the grenadine, lemon juice, and lime juice in a tall glass and stir with a cocktail spoon or straw until combined. Fill the glass with ice and top with the club soda. Stir gently to combine.
- Garnish with the maraschino cherries and serve immediately.

Nutrition Facts

PROTEIN 0.43% **FAT 0.48%** **CARBS 99.09%**

Properties

Glycemic Index:100, Glycemic Load:23.71, Inflammation Score:-1, Nutrition Score:1.165217395062%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 118.13kcal (5.91%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 29.66g (10.79%), Sugar: 20.97g (23.3%), Cholesterol: 0mg (0%), Sodium: 31.05mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 9.74mg (11.8%), Copper: 0.04mg (2.18%), Fiber: 0.42g (1.68%), Calcium: 16.29mg (1.63%), Magnesium: 5.21mg (1.3%), Potassium: 44.91mg (1.28%), Zinc: 0.18mg (1.21%), Folate: 4.25µg (1.06%)