



Southern Breeze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

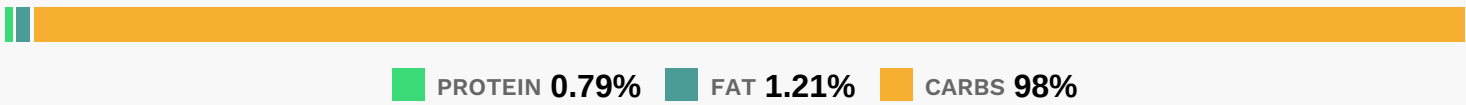
- ☐ 2 liter ginger ale chilled
- ☐ 6 ounce lemonade concentrate frozen thawed canned
- ☐ 0.2 ounce raspberry lemonade mix unsweetened blue
- ☐ 46 ounce pineapple juice unsweetened chilled canned
- ☐ 1 cup sugar
- ☐ 7 cups water

Equipment

Directions

- ☐ Stir together first 4 ingredients in a 2-quart pitcher; pour evenly into 5 ice cube trays, and freeze at least 8 hours.
- ☐ Combine pineapple juice and ginger ale; serve over raspberry ice cubes.
- ☐ Note: For testing purposes only, we used Kool-Aid Island Twists Ice Blue Raspberry Lemonade Unsweetened Soft Drink
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:27.14, Inflammation Score:-1, Nutrition Score:3.8826087324516%

Nutrients (% of daily need)

Calories: 208.04kcal (10.4%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 52.47g (19.08%), Sugar: 49.08g (54.53%), Cholesterol: 0mg (0%), Sodium: 22.14mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Manganese: 0.57mg (28.6%), Vitamin C: 12.93mg (15.67%), Copper: 0.13mg (6.51%), Vitamin B6: 0.11mg (5.58%), Folate: 20.58µg (5.15%), Magnesium: 18.36mg (4.59%), Potassium: 154.24mg (4.41%), Vitamin B1: 0.07mg (4.4%), Iron: 0.66mg (3.66%), Calcium: 24.52mg (2.45%), Vitamin B2: 0.03mg (1.53%), Zinc: 0.22mg (1.5%), Vitamin B3: 0.23mg (1.16%), Fiber: 0.26g (1.05%)