



Sparkling Cherry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

BEVERAGE

DRINK

Ingredients

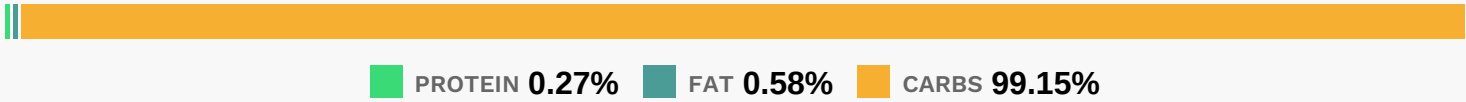
- ☐ 1 slices maraschino cherries
- ☐ 12 oz limeade concentrate frozen thawed canned
- ☐ 0.5 cup maraschino cherries red jarred
- ☐ 2 cups seltzer water
- ☐ 3.5 cups water cold

Equipment

Directions

- ☐ Rub rims of 8 chilled glasses with lime wedges, and dip rims in salt to coat, if desired.
- ☐ Stir together limeade concentrate and 3 1/2 cups cold water; add liquid from maraschino cherries.
- ☐ Fill prepared glasses with ice.
- ☐ Pour limeade mixture into glasses, filling each two-thirds full; add sparkling water to fill.
- ☐ Note: We tested with San Pellegrino Sparkling Natural Mineral Water.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.37695652100703%

Nutrients (% of daily need)

Calories: 37.37kcal (1.87%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.03%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.32g (3.39%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 15.57mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Copper: 0.04mg (1.93%), Fiber: 0.38g (1.53%), Vitamin C: 1.05mg (1.28%), Calcium: 11.97mg (1.2%)