



Sparkling Fruit Refresher

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



44 kcal

SIDE DISH

Ingredients

- 1 cup poached berries assorted
- 0.3 cup basil leaves fresh loosely packed
- 1 cup lemon-lime drink chilled soft
- 6 oz limeade concentrate frozen thawed canned
- 36 oz seltzer water orange-flavored chilled canned

Equipment

Directions

- Combine first 4 ingredients in a large pitcher. Gently stir in sparkling water.
- Serve immediately.

Nutrition Facts

PROTEIN 1.49% **FAT 3.29%** **CARBS 95.22%**

Properties

Glycemic Index:11.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2421738926483%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg Malvidin: 12.83mg, Malvidin: 12.83mg, Malvidin: 12.83mg, Malvidin: 12.83mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 44.27kcal (2.21%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.47g (3.81%), Sugar: 9.96g (11.06%), Cholesterol: 0mg (0%), Sodium: 40.8mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.18g (0.35%), Vitamin K: 8.39µg (7.99%), Fiber: 0.71g (2.85%), Manganese: 0.05mg (2.57%), Vitamin C: 1.7mg (2.07%), Calcium: 13.7mg (1.37%), Copper: 0.03mg (1.36%), Zinc: 0.2mg (1.35%), Vitamin A: 64.63IU (1.29%), Magnesium: 4.59mg (1.15%)