



Sparkling Orangeade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

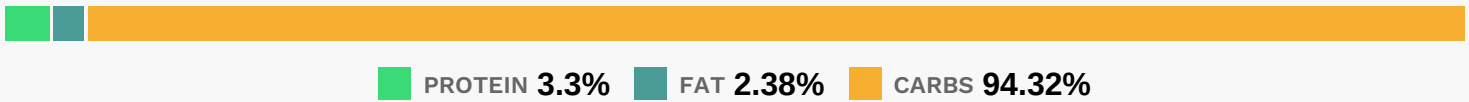
- ☐ 0.3 cup juice of lime
- ☐ 2 cups orange juice
- ☐ 1 liter seltzer water
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐
- In a large pitcher (at least 2 qt.), stir orange juice, lime juice, and sugar until sugar is dissolved.
- ☐
- Add 2 cups ice cubes and sparkling water and stir to blend.
- ☐
- Pour into tall glasses, adding orange slices if desired.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:15.3, Inflammation Score:-5, Nutrition Score:6.1608696430922%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 16.17mg, Hesperetin: 16.17mg, Hesperetin: 16.17mg, Hesperetin: 16.17mg Naringenin: 2.71mg, Naringenin: 2.71mg, Naringenin: 2.71mg, Naringenin: 2.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 107.71kcal (5.39%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 26.31g (9.57%), Sugar: 23.15g (25.72%), Cholesterol: 0mg (0%), Sodium: 54.17mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 66.54mg (80.65%), Folate: 38.71µg (9.68%), Potassium: 270.95mg (7.74%), Vitamin B1: 0.12mg (7.69%), Vitamin A: 255.56IU (5.11%), Magnesium: 17.35mg (4.34%), Copper: 0.07mg (3.73%), Calcium: 28.38mg (2.84%), Vitamin B6: 0.06mg (2.77%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.25mg (2.54%), Vitamin B2: 0.04mg (2.46%), Phosphorus: 23.2mg (2.32%), Zinc: 0.33mg (2.17%), Iron: 0.29mg (1.63%), Fiber: 0.31g (1.23%), Manganese: 0.02mg (1.15%)