



Sparkling Pink-Peach Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients

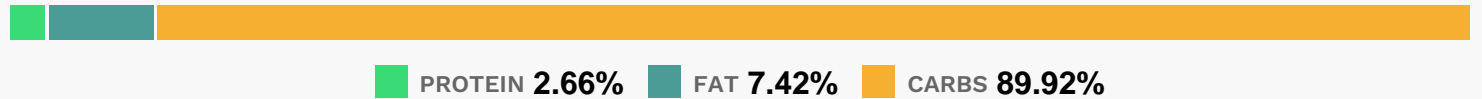
- 4 cups club soda cold
- 0.3 oz pkt. crystal on the go pink lemonade flavor drink mix light
- 3 limes divided
- 12 oz peach nectar chilled canned
- 0.3 cup raspberries

Equipment

Directions

- Cut 1 lime into 4 slices; reserve for garnish. Squeeze juice from remaining limes into 1-1/2-qt. plastic or glass pitcher.
- Add drink mixes, club soda and nectar; stir until mixes are dissolved.
- Serve in ice-filled glasses topped with raspberries.
- Garnish with reserved lime slices.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:2.644782582055%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 17.29mg, Hesperetin: 17.29mg, Hesperetin: 17.29mg, Hesperetin: 17.29mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 0.52g (0.8%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 12.67g (4.61%), Sugar: 10.57g (11.75%), Cholesterol: 0mg (0%), Sodium: 48.85mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 13.86mg (16.8%), Fiber: 1.59g (6.36%), Vitamin A: 197.75IU (3.96%), Vitamin B1: 0.05mg (3.67%), Magnesium: 11.99mg (3%), Manganese: 0.06mg (2.92%), Calcium: 28.61mg (2.86%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.31%), Vitamin E: 0.34mg (2.27%), Potassium: 76.43mg (2.18%), Iron: 0.35mg (1.96%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.15mg (1.54%), Vitamin K: 1.53µg (1.45%), Folate: 5.24µg (1.31%), Vitamin B2: 0.02mg (1.21%), Phosphorus: 11.08mg (1.11%)