



Sparkling Pomegranate Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

BEVERAGE

DRINK

Ingredients

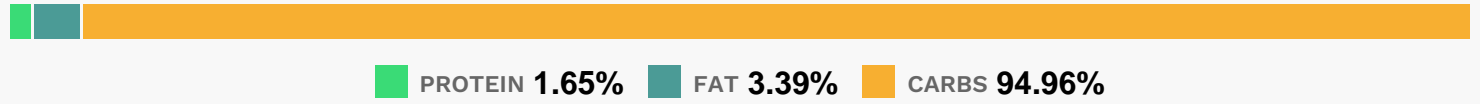
- 1 optional: lemon sliced
- 0.3 cup country time lemonade flavor drink mix
- 0.5 cup pomegranate juice cold
- 1.5 cups seltzer water cold
- 1.5 cups water cold

Equipment

Directions

- Add waters and juice to drink mix in 1-qt. plastic or glass pitcher; stir until mix is dissolved.
- Add fruit.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.1043478352544%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 30.46kcal (1.52%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.6g (2.76%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 13.34mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 7.91mg (9.59%), Magnesium: 15.91mg (3.98%), Potassium: 50.27mg (1.44%), Fiber: 0.34g (1.35%), Vitamin K: 1.29µg (1.23%), Folate: 4.5µg (1.13%)