



Sparkling Raspberry Lemonade (Crowd Size)



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



24

CALORIES



124 kcal

BEVERAGE

DRINK

Ingredients

- 20 ounces raspberries frozen thawed
- 24 ounces lemonade concentrate frozen thawed canned
- 23 ounces cranberry juice cocktail concentrate frozen thawed canned
- 12 cups water
- 48 ounces lemon-lime soda pop canned
- 1 optional: lemon thinly sliced

Equipment

Directions

- Carefully spoon raspberries with syrup into 2 ice-cube trays.
- Add enough water to just cover raspberries. Freeze 3 hours or until firm.
- In very large plastic or glass pitcher, mix lemonade concentrate, raspberry juice concentrate and water. Refrigerate until serving time.
- Just before serving, stir soda pop into lemonade mixture.
- Place ice cubes in glasses; pour lemonade mixture over ice.
- Garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.2786956053713%

Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 124.33kcal (6.22%), Fat: 0.37g (0.56%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 29.62g (10.77%), Sugar: 25.32g (28.13%), Cholesterol: 0mg (0%), Sodium: 11.58mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin C: 24.73mg (29.98%), Manganese: 0.2mg (10.07%), Fiber: 1.8g (7.2%), Copper: 0.05mg (2.61%), Magnesium: 10.08mg (2.52%), Vitamin B5: 0.25mg (2.51%),

Potassium: 79.58mg (2.27%), Vitamin B2: 0.03mg (1.86%), Folate: 7.44µg (1.86%), Vitamin K: 1.9µg (1.81%), Vitamin B6: 0.04mg (1.78%), Calcium: 17.3mg (1.73%), Iron: 0.31mg (1.71%), Phosphorus: 16.58mg (1.66%), Vitamin B1: 0.02mg (1.61%), Vitamin E: 0.24mg (1.59%)