



Sparkling Raspberry Lemonade (Crowd Size)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



190 min.

SERVINGS



24

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

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

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



PROTEIN 1.39% FAT 0.9% CARBS 97.71%

Properties

Glycemic Index:1.06, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.7304347599654%

Flavonoids

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 196.62kcal (9.83%), Fat: 0.21g (0.33%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 51.62g (18.77%), Sugar: 44.11g (49.02%), Cholesterol: 0mg (0%), Sodium: 31.52mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 0.74g (1.48%), Vitamin C: 18.54mg (22.47%), Calcium: 26.58mg (2.66%), Manganese: 0.04mg (2.15%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.49%), Magnesium: 5.45mg (1.36%), Potassium: 40.5mg (1.16%), Vitamin B6: 0.02mg (1.13%), Fiber: 0.27g (1.06%)