



Sparkling Raspberry Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients



1 liter club soda



6 servings ice cubes for serving



1 lime thinly sliced for garnish



1 cup juice of lime freshly squeezed (from 10 limes)



6 ounces raspberries plus more for garnish



1 cup sugar

Equipment



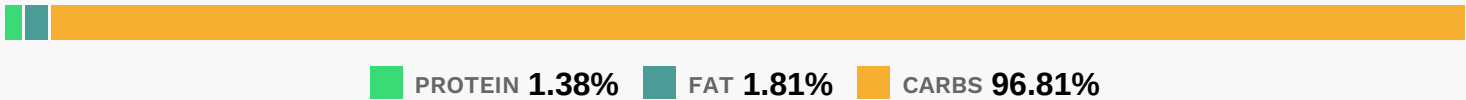
sauce pan

☐ wooden spoon

Directions

- ☐ Add the sugar, 1 cup water and berries to a medium saucepan and bring to a simmer. Stir until the sugar has dissolved and press against the berries with the back of the wooden spoon so their juices leach into the mixture.
- ☐ Let sit and steep until cool.
- ☐ In a large pitcher, combine the cooled raspberry simple syrup, lime juice and club soda.
- ☐ Pour into tall glasses filled with ice and garnish with a slice of lime and a few extra berries for garnish.

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:23.94, Inflammation Score:-2, Nutrition Score:3.5247826705808%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 156.51kcal (7.83%), Fat: 0.34g (0.53%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 38.83g (14.12%), Sugar: 35.39g (39.32%), Cholesterol: 0mg (0%), Sodium: 39.45mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 22.78mg (27.61%), Manganese: 0.2mg (10.05%), Fiber: 2.32g (9.27%), Copper: 0.06mg (3.25%), Magnesium: 12.36mg (3.09%), Potassium: 105.39mg (3.01%), Folate: 10.88µg (2.72%), Calcium: 26.77mg (2.68%), Vitamin E: 0.36mg (2.4%), Vitamin K: 2.52µg (2.4%), Zinc: 0.34mg

(2.26%), Iron: 0.33mg (1.85%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.17mg (1.67%), Phosphorus: 15.88mg (1.59%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.03mg (1.49%), Vitamin B3: 0.25mg (1.25%)