



Sparkling Strawberry Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounce lemonade concentrate frozen undiluted canned
- 2 cups seltzer water chilled
- 3 cups strawberries quartered
- 1 tablespoon sugar
- 1 cup water cold

Equipment

- blender

Directions

- Combine the first 3 ingredients in a blender, and process until smooth.
- Combine strawberry pure and lemonade in a pitcher, and stir until lemonade dissolves.
- Add sparkling water; pour over ice.

Nutrition Facts



PROTEIN 2.35% FAT 4.09% CARBS 93.56%

Properties

Glycemic Index:18.35, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:4.7082608491182%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 86.31kcal (4.32%), Fat: 0.42g (0.65%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 20.14g (7.32%), Sugar: 18.13g (20.15%), Cholesterol: 0mg (0%), Sodium: 21.26mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 46.05mg (55.82%), Manganese: 0.28mg (14.12%), Fiber: 1.52g (6.1%), Folate: 19.26µg (4.82%), Potassium: 132.19mg (3.78%), Magnesium: 12.53mg (3.13%), Copper: 0.05mg (2.47%), Vitamin B6: 0.04mg (1.98%), Phosphorus: 19.26mg (1.93%), Calcium: 18.65mg (1.87%), Iron: 0.33mg (1.83%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.64µg (1.56%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.53%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.23%)