

Strawberry Coolers

READY IN



250 min.

SERVINGS



8

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

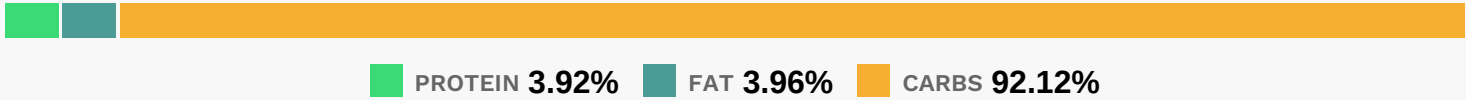
- ☐ 1 envelope liquid malt extract soft (2-quart size)
- ☐ 0.7 cup sugar
- ☐ 3 cups water
- ☐ 2 cups strawberries
- ☐ 2 liter lemon-lime soda pop

Equipment

Directions

- ☐ Mix soft drink mix, sugar and water.
- ☐ Pour into divided ice-cube tray.
- ☐ Place 1 whole strawberry in each cube. Freeze at least 4 hours or overnight.
- ☐ To serve, place frozen fruit cubes in glasses. Fill glasses with soda pop.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:12.45, Inflammation Score:-1, Nutrition Score:2.9782608870579%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 89.42kcal (4.47%), Fat: 0.41g (0.63%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 20.81g (7.57%), Sugar: 19.64g (21.83%), Cholesterol: 0.63mg (0.21%), Sodium: 25.57mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin C: 21.24mg (25.75%), Manganese: 0.15mg (7.29%), Vitamin B2: 0.09mg (5.45%), Phosphorus: 42.98mg (4.3%), Fiber: 0.72g (2.89%), Potassium: 92.77mg (2.65%), Folate: 9.85µg (2.46%), Calcium: 23.89mg (2.39%), Vitamin B1: 0.03mg (2.29%), Copper: 0.04mg (2.14%), Magnesium: 8.01mg (2%), Vitamin B3: 0.28mg (1.38%), Vitamin B6: 0.03mg (1.38%), Selenium: 0.92µg (1.32%), Iron: 0.22mg (1.25%)