



Strawberry Pineapple Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients



1 cup pineapple juice unsweetened



1.5 tablespoons sugar raw



1 pint strawberries fresh hulled coarsely chopped

Equipment



food processor



bowl



sieve

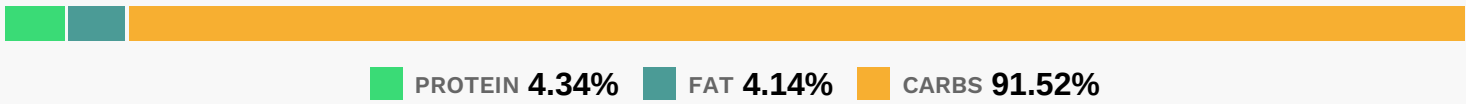


blender

Directions

- ☐ Combine the strawberries and sugar in a small bowl and let sit for about 20 minutes, until the mixture is very wet.
- ☐ Combine the mixture with the pineapple juice in a blender or food processor and purée.
- ☐ Set a strainer over a small bowl and scrape the purée into the strainer, so that the liquid drains into the bowl below. Stir the purée gently as it strains to get as much liquid as possible without forcing any solids into the strained liquid. Discard the solids, reserving the liquid. You should have about 2 cups.
- ☐ The purée can be stored in the refrigerator for up to 1 day, but is best if used immediately.
- ☐ Mix with Seltzer:2/3 cup strawberry pineapple purée2/3 cup seltzer1 serving
- ☐ Spoon the purée into a tall glass.
- ☐ Add the seltzer and stir just until blended.
- ☐ Add ice and serve.To Carbonate with a Siphon:2 cups water1 batch strawberry pineapple purée 3 servings
- ☐ Combine the water and purée in a 1-quart soda siphon. Charge with CO2 according to the manufacturer's directions. Siphon-charged sodas can be stored in the siphon in a refrigerator for up to 5 days. Disperse as desired into tall glasses filled with ice, and serve.
- ☐ From Homemade Soda: 200 Recipes for Making and Using Fruit Sodas and Fizzy Juices, Sparkling Waters, Root Beers and Cola Brews, Herbal and Healing Waters, Sparkling Teas and Coffees, Shrubs and Switchels, Cream Sodas and Floats, and Other Carbonated Concoctions by Andrew Schloss. Copyright © 2011 by Andrew Schloss; photography by © Aran Goyoga. Published by Storey Publishing.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:8.17, Inflammation Score:-6, Nutrition Score:10.710869642703%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin:

0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 116.11kcal (5.81%), Fat: 0.57g (0.87%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 24.91g (9.06%), Sugar: 21.52g (23.91%), Cholesterol: 0mg (0%), Sodium: 3.33mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 100.61mg (121.95%), Manganese: 1.01mg (50.4%), Fiber: 3.31g (13.25%), Folate: 52.01µg (13%), Potassium: 345.33mg (9.87%), Vitamin B6: 0.15mg (7.64%), Magnesium: 30.06mg (7.52%), Copper: 0.13mg (6.53%), Vitamin B1: 0.08mg (5.57%), Iron: 0.91mg (5.07%), Phosphorus: 44.21mg (4.42%), Vitamin B3: 0.77mg (3.83%), Calcium: 36.18mg (3.62%), Vitamin K: 3.71µg (3.53%), Vitamin E: 0.47mg (3.15%), Vitamin B2: 0.05mg (3.01%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.31mg (2.06%), Selenium: 0.71µg (1.01%)