



Wild Blueberry Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



82 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup blueberries wild frozen divided (I buy them at Trader Joe's)
- ☐ 4 ounces pomegranate-blueberry juice concentrate
- ☐ 4 servings mint leaves fresh
- ☐ 2 juice of lime
- ☐ 2 ounces elderflower syrup (can substitute simple syrup or agave nectar in a pinch)
- ☐ 2.5 cups soda water

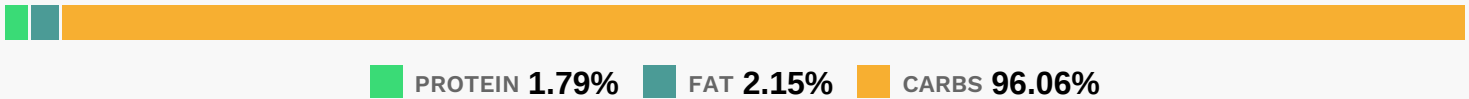
Equipment

- ☐ ice cube tray

Directions

- ☐
- Make a tray of blueberry ice cubes by placing about 1 to 2 teaspoons of berries per cube in an ice cube tray. Reserve 1/4 cup of the berries for the drink.Carefully mix the lime juice with the remaining blueberries, blueberry juice and syrup or agave.
- ☐
- Pour the juice mixture evenly among four glasses, top each with the soda, stir and add washed mint leaves and the blueberry ice cubes.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:3.41, Inflammation Score:-3, Nutrition Score:3.4926087169544%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 82.24kcal (4.11%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 19.66g (7.15%), Sugar: 16.57g (18.42%), Cholesterol: 0mg (0%), Sodium: 40.54mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 22.35mg (27.1%), Vitamin K: 10.42µg (9.92%), Manganese: 0.14mg (7.05%), Vitamin E: 0.9mg (6.01%), Fiber: 1.06g (4.23%), Vitamin B6: 0.06mg (2.97%), Vitamin B2: 0.04mg (2.56%), Potassium: 83.04mg (2.37%), Vitamin B1: 0.04mg (2.37%), Iron: 0.43mg (2.36%), Folate: 9.11µg (2.28%), Copper: 0.04mg (1.93%), Zinc: 0.23mg (1.54%), Magnesium: 5.84mg (1.46%), Calcium: 14.57mg (1.46%), Vitamin B3: 0.29mg (1.45%), Vitamin A: 71.66IU (1.43%)