



4th of July Soda Floats

 **Gluten Free**

READY IN



180 min.

SERVINGS



4

CALORIES



646 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 0.5 cup juice of lemon fresh
- 1 tablespoon honey
- 2 teaspoons lemon zest grated (1 medium)
- 1 cup milk whole
- 2 tablespoons cornstarch
- 1 cup whipping cream
- 2 cups strawberries fresh chopped

- 0.5 cup sugar
- 1 teaspoon juice of lemon fresh
- 2 cups blueberries fresh
- 0.5 cup sugar
- 1 teaspoon juice of lemon fresh
- 1 serving seltzer water
- 1 serving whipped cream
- 1 serving sprinkles

Equipment

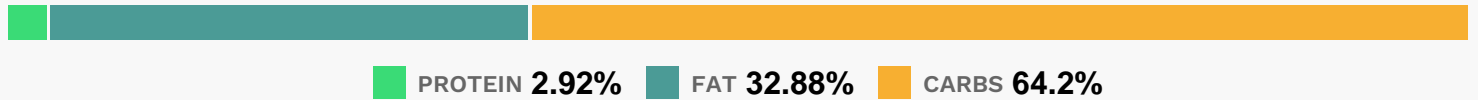
- bowl
- sauce pan
- whisk
- sieve
- ice cream machine
- drinking straws

Directions

- In 2-quart saucepan, heat 1/2 cup sugar, 1/2 cup lemon juice, the honey and lemon peel over medium-high heat until sugar and honey are dissolved and mixture comes to a boil. Boil 1 minute.
- Remove from heat; set aside.
- In medium bowl, beat milk and cornstarch with whisk until smooth and no lumps remain. Beat in whipping cream.
- Pour mixture into saucepan with syrup; beat well.
- Heat over medium-high heat, beating constantly, until mixture comes to a boil and thickens to a pudding-like consistency. Boil 1 minute.
- Remove from heat.
- Pour mixture into heatproof bowl. Prepare ice bath in clean sink basin or large bowl; place bowl with mixture in ice bath. Beat mixture until cool to the touch, 10 to 15 minutes.

- Process mixture in ice cream machine following manufacturers' directions. Scrape ice cream into freezer container; seal and freeze until solid, at least 2 hours.
- To make syrups, place chopped strawberries in 2-quart saucepan with 1/2 cup sugar.
- Heat over medium-high heat until sugar dissolves, and berries soften and release their juices.
- Remove from heat. Press mixture through fine mesh strainer into bowl. Stir in 1 teaspoon lemon juice. Discard seeds and solids. Set syrup aside to cool. Repeat process with blueberries, 1/2 cup sugar and 1 teaspoons lemon juice.
- To serve, layer generous scoops of ice cream with drizzles of both syrups in drinking glasses. Top with soda water; garnish with whipped cream and candy sprinkles. Best enjoyed sipped through a fun straw.

Nutrition Facts



Properties

Glycemic Index:108.89, Glycemic Load:61.02, Inflammation Score:-7, Nutrition Score:12.713043399479%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg, Petunidin: 23.41mg Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg, Delphinidin: 26.44mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg, Peonidin: 15.05mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg 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 Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 4.78mg, Hesperetin: 4.78mg, Hesperetin: 4.78mg, Hesperetin: 4.78mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 646.23kcal (32.31%), Fat: 24.68g (37.97%), Saturated Fat: 15.19g (94.95%), Carbohydrates: 108.45g (36.15%), Net Carbohydrates: 104.98g (38.18%), Sugar: 97.99g (108.88%), Cholesterol: 75.69mg (25.23%), Sodium:

42.59mg (1.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin C: 63.96mg (77.53%), Manganese: 0.54mg (27.14%), Vitamin A: 1034.83IU (20.7%), Vitamin K: 17.98µg (17.13%), Vitamin B2: 0.27mg (15.6%), Fiber: 3.47g (13.87%), Calcium: 136.25mg (13.63%), Phosphorus: 127.11mg (12.71%), Vitamin D: 1.63µg (10.86%), Potassium: 357.32mg (10.21%), Vitamin E: 1.27mg (8.47%), Folate: 30.98µg (7.75%), Vitamin B6: 0.15mg (7.46%), Vitamin B12: 0.43µg (7.15%), Magnesium: 27.81mg (6.95%), Vitamin B1: 0.1mg (6.65%), Vitamin B5: 0.62mg (6.16%), Selenium: 3.97µg (5.67%), Copper: 0.1mg (4.97%), Zinc: 0.66mg (4.39%), Iron: 0.68mg (3.75%), Vitamin B3: 0.73mg (3.65%)