



7UP Cherry Pomegranate Punch

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter up® cherry
- 6 ounces rose's pomegranate cocktail infusions®
- 1 quart pineapple sherbet

Equipment

- bowl

Directions

Add all ingredients to 1 gallon punch bowl.

Nutrition Facts

PROTEIN 4.15% **FAT 8%** **CARBS 87.85%**

Properties

Glycemic Index:2.92, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:4.4969565790632%

Flavonoids

Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 94.93kcal (4.75%), Fat: 0.87g (1.34%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 18.46g (6.71%), Sugar: 15.35g (17.05%), Cholesterol: 0.38mg (0.13%), Sodium: 17.69mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin C: 33.12mg (40.15%), Fiber: 3.11g (12.45%), Vitamin A: 342.91IU (6.86%), Manganese: 0.11mg (5.31%), Potassium: 169.12mg (4.83%), Calcium: 38.01mg (3.8%), Vitamin B2: 0.06mg (3.73%), Magnesium: 12.86mg (3.21%), Phosphorus: 29.09mg (2.91%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.74µg (2.61%), Vitamin B5: 0.23mg (2.32%), Copper: 0.05mg (2.31%), Vitamin B6: 0.04mg (1.84%), Iron: 0.29mg (1.63%), Vitamin B1: 0.02mg (1.59%), Zinc: 0.23mg (1.54%)