



7UP Holiday Apple Pie Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



25

CALORIES



13 kcal

BEVERAGE

DRINK

Ingredients



1 quart lime sherbet



6 ounces rose's apple sour cocktail infusions®

Equipment



bowl

Directions

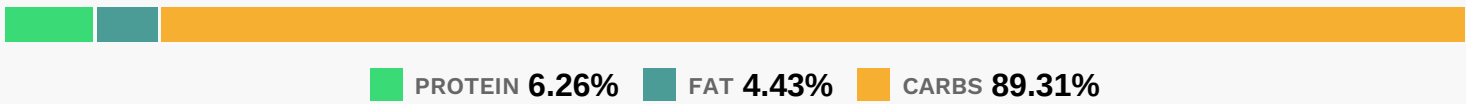


Add the ingredients to 1 gallon punch bowl.

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Garnish the punch bowl with slices of green apples, lemons and limes.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.4360869267712%

Flavonoids

Hesperetin: 16.28mg, Hesperetin: 16.28mg, Hesperetin: 16.28mg, Hesperetin: 16.28mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 13.06kcal (0.65%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.3g (1.2%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 0.76mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin C: 12.53mg (15.19%), Fiber: 1.06g (4.24%), Calcium: 14.47mg (1.45%), Potassium: 46.98mg (1.34%), Iron: 0.23mg (1.29%), Copper: 0.03mg (1.28%)