



7UP Holiday Party Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart raspberry sherbet
- ☐ 1 pint whipped cream
- ☐ 4 liter up
- ☐ 4 liter up

Equipment

- ☐ bowl

Directions

- ☐ Add following ingredients to 1 gallon punch bowl.
- ☐ Do not add ice.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:6.88, Inflammation Score:-1, Nutrition Score:1.2460869688379%

Nutrients (% of daily need)

Calories: 78.07kcal (3.9%), Fat: 2.37g (3.64%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.79g (4.65%), Sugar: 11.01g (12.23%), Cholesterol: 7.26mg (2.42%), Sodium: 27.13mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin B2: 0.07mg (4.03%), Calcium: 37.22mg (3.72%), Phosphorus: 29.18mg (2.92%), Fiber: 0.52g (2.08%), Potassium: 61.67mg (1.76%), Zinc: 0.26mg (1.73%), Vitamin B12: 0.1µg (1.71%), Vitamin B5: 0.16mg (1.62%), Vitamin A: 80.91IU (1.62%), Magnesium: 4.73mg (1.18%), Selenium: 0.76µg (1.08%)