



## 7UP Winter Mint Sherbet Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



25

CALORIES



22 kcal

BEVERAGE

DRINK

### Ingredients

- 1 quart lime sherbet
- 6 ounces rose's® mojito

### Equipment

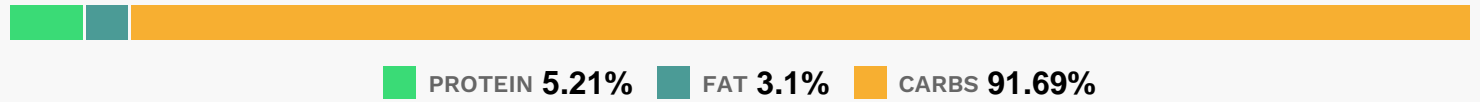
- bowl

### Directions

- Add the ingredients to 1 gallon punch bowl.

Garnish the punch bowl with mint leaves and slices of lemon and lime.

## Nutrition Facts



### Properties

Glycemic Index:1.28, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:3.9717391224011%

### 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: 22.38kcal (1.12%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 1.03mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 40mg (48.48%), Fiber: 2.7g (10.8%), Vitamin A: 314.56IU (6.29%), Manganese: 0.07mg (3.62%), Vitamin E: 0.48mg (3.2%), Calcium: 23.99mg (2.4%), Potassium: 67.8mg (1.94%), Vitamin K: 1.99µg (1.89%), Magnesium: 6.97mg (1.74%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.61%), Vitamin B5: 0.14mg (1.37%), Vitamin B2: 0.02mg (1.11%), Phosphorus: 10.96mg (1.1%), Vitamin B6: 0.02mg (1.07%)