



Baby Blue Punch

 Popular

READY IN



10 min.

SERVINGS



24

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 64 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible) white
- ☐ 2 liter lemon-lime carbonated beverage flavored
- ☐ 0.1 ounce drink mix unsweetened blue berry flavored
- ☐ 8 scoops whipped cream
- ☐ 1 cup sugar white to taste

Equipment

- ☐ bowl

Directions

☐ In a large punch bowl, stir together the drink mix, lemon-lime soda, and white cranberry juice. Taste, and stir in sugar to your liking. (I like to add the whole cup.) Float scoops of ice cream on the top. The ice cream melts somewhat and turns the punch a beautiful baby blue color with frothy white clouds floating on the top.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:14.23, Inflammation Score:-1, Nutrition Score:2.3391304466387%

Nutrients (% of daily need)

Calories: 148.63kcal (7.43%), Fat: 2.56g (3.94%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 31.65g (11.51%), Sugar: 31.07g (34.52%), Cholesterol: 9.72mg (3.24%), Sodium: 28.19mg (1.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.47mg (4.16%), Protein: 1.17g (2.35%), Vitamin C: 7.47mg (9.05%), Vitamin E: 1.01mg (6.75%), Vitamin B2: 0.07mg (4.12%), Vitamin K: 4.1µg (3.9%), Calcium: 36.67mg (3.67%), Phosphorus: 33.9mg (3.39%), Potassium: 106.66mg (3.05%), Vitamin B6: 0.05mg (2.61%), Vitamin A: 128.45IU (2.57%), Copper: 0.05mg (2.47%), Magnesium: 8.79mg (2.2%), Zinc: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.45%), Iron: 0.24mg (1.33%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.13%)