



## Bath Water Punch

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



293 kcal

BEVERAGE

DRINK

### Ingredients

- 4 cups pineapple-flavored soda
- 0.1 ounce fruit drink mix orange-flavored (such as KOOL-AID®)
- 0.5 gallon rainbow sherbet
- 4 cups water
- 1 cup sugar white

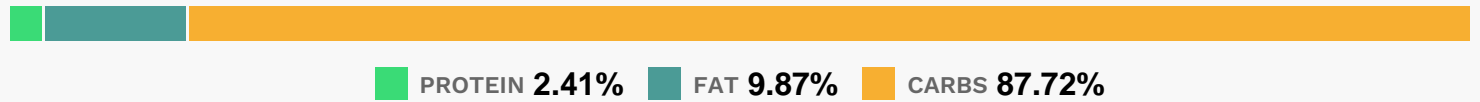
### Equipment

- bowl
- wooden spoon

## Directions

- Scoop rainbow sherbet into a bowl; allow to sit at room temperature until it turns slushy..
- Mix black cherry-flavored drink mix with sugar and water in a pitcher; stir until sugar is dissolved.
- Add orange-flavored drink mix; stir well.
- Pour into a punch bowl. Top with pineapple soda; stir well.
- Stir the rainbow sherbet with a wooden spoon until it turns a grayish color. Scoop into the punch bowl. Stir slowly to break up the sherbet.

## Nutrition Facts



## Properties

Glycemic Index:10.09, Glycemic Load:35.04, Inflammation Score:-1, Nutrition Score:3.3060869576167%

## Nutrients (% of daily need)

Calories: 292.61kcal (14.63%), Fat: 3.24g (4.98%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 64.77g (21.59%), Net Carbohydrates: 62.72g (22.81%), Sugar: 55.11g (61.23%), Cholesterol: 1.65mg (0.55%), Sodium: 94.47mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin B2: 0.16mg (9.35%), Calcium: 92.56mg (9.26%), Fiber: 2.05g (8.2%), Phosphorus: 64.19mg (6.42%), Zinc: 0.85mg (5.66%), Potassium: 155.65mg (4.45%), Vitamin C: 3.64mg (4.41%), Magnesium: 14.48mg (3.62%), Selenium: 2.52µg (3.59%), Vitamin B5: 0.36mg (3.55%), Vitamin B12: 0.21µg (3.46%), Copper: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.94%), Vitamin B6: 0.04mg (1.88%), Folate: 6.45µg (1.61%), Vitamin A: 73.24IU (1.46%), Iron: 0.24mg (1.33%)