



Berry Blue Fizz



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce blueberry gelatin
- ☐ 60 ounce lemon-lime drink soft canned
- ☐ 6 cups pineapple sherbet
- ☐ 3 cups water

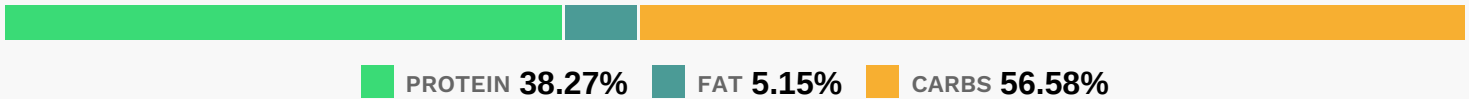
Equipment

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Microwave 3 cups water in an 8-cup glass measuring cup at HIGH 5 minutes or until it boils. Stir in blueberry gelatin until dissolved. Cool slightly, and stir in lemon-lime soft drink.
- ☐ Scoop 3/4 cup sherbet into each of 8 (16-ounce) glasses.
- ☐ Pour gelatin mixture over sherbet.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:16.47, Inflammation Score:-1, Nutrition Score:6.3308695868953%

Nutrients (% of daily need)

Calories: 389.47kcal (19.47%), Fat: 2.26g (3.48%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 55.9g (18.63%), Net Carbohydrates: 54.46g (19.8%), Sugar: 48.64g (54.04%), Cholesterol: 1.11mg (0.37%), Sodium: 160.11mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.89mg (10.63%), Protein: 37.81g (75.63%), Copper: 0.96mg (48.21%), Selenium: 18.46µg (26.37%), Vitamin B2: 0.21mg (12.09%), Calcium: 90.24mg (9.02%), Phosphorus: 60.98mg (6.1%), Fiber: 1.44g (5.77%), Magnesium: 21.25mg (5.31%), Folate: 17.2µg (4.3%), Zinc: 0.62mg (4.15%), Iron: 0.67mg (3.72%), Potassium: 115.49mg (3.3%), Vitamin C: 2.55mg (3.09%), Vitamin B5: 0.3mg (3.02%), Manganese: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.71%), Vitamin B12: 0.14µg (2.4%), Vitamin B6: 0.03mg (1.43%), Vitamin A: 51.06IU (1.02%)