



Blue Baby Shower Punch with Rubber Ducks



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



24

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liter ginger ale chilled
- ☐ 64 oz grape juice white chilled
- ☐ 1 cup sugar
- ☐ 8 scoops pineapple sherbet softened
- ☐ 1 serving maraschino cherries for garnish (optional)
- ☐ 1 slices cranberry-orange relish for garnish (optional)
- ☐ 1 packet frangelico unsweetened blue for raspberry lemonade (Look)
- ☐ 2 frangelico (make sure they float – bathtub toys)

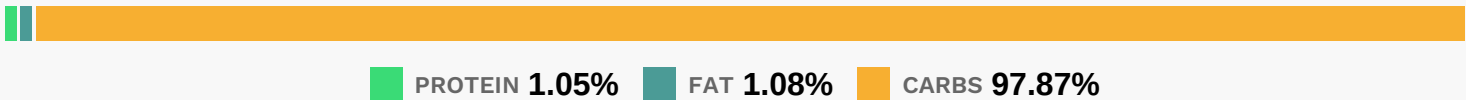
Equipment

☐ bowl

Directions

- ☐ Chill ginger ale and grape juice over night
- ☐ Remove sherbet from freezer about 1/2 hour before serving punch to soften
- ☐ In a large bowl, combine Kool-Aid packet, sugar and chilled juice. Stir to blend.
- ☐ Slowly add chilled ginger ale.
- ☐ Float 8 scoops of softened sherbet on top
- ☐ Add Rubber Duckies (don't forget to wash before using)
- ☐ garnish cups with cherries and orange slices

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:10.48, Inflammation Score:-1, Nutrition Score:1.1317391366414%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.77mg, Petunidin: 0.77mg, Petunidin: 0.77mg, Petunidin: 0.77mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Malvidin: 8.44mg, Malvidin: 8.44mg, Malvidin: 8.44mg, Malvidin: 8.44mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 106.8kcal (5.34%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.83g (9.76%), Sugar: 26.67g (29.63%), Cholesterol: 0mg (0%), Sodium: 9.84mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.19mg (9.6%), Potassium: 81.04mg (2.32%), Magnesium: 8.48mg (2.12%), Iron: 0.34mg (1.92%), Copper: 0.03mg (1.49%), Vitamin B6: 0.02mg (1.23%), Calcium: 11.42mg (1.14%), Phosphorus: 10.81mg (1.08%)