



Candie's Fluffy Cloud Punch

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



72

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients

- 92 fluid ounce fruit punch canned
- 0.3 cup grenadine syrup
- 2 liter lemon-lime carbonated beverage flavored
- 16 ounce maraschino cherries
- 0.5 cup whipped cream french

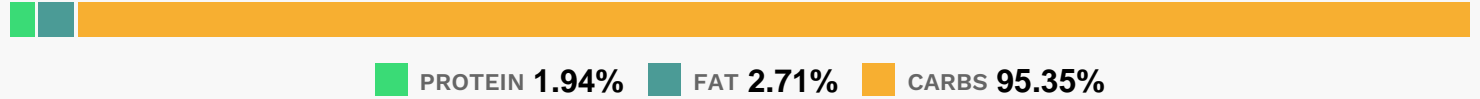
Equipment

- bowl

Directions

- Pour fruit punch into a large punch bowl. Stir in grenadine and lemon-lime soda.
- Add the ice cream in big scoops – it will resemble a big fluffy cloud. Drop cherries on top of the cloud of ice cream and serve.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:0.77521739325122%

Nutrients (% of daily need)

Calories: 48.17kcal (2.41%), Fat: 0.15g (0.23%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.22g (4.08%), Sugar: 10.23g (11.37%), Cholesterol: 0.4mg (0.13%), Sodium: 5.95mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.16mg (1.39%), Protein: 0.24g (0.49%), Fiber: 0.81g (3.25%), Vitamin A: 120.8IU (2.42%), Copper: 0.04mg (1.89%), Vitamin K: 1.84µg (1.75%), Potassium: 37.36mg (1.07%), Vitamin C: 0.84mg (1.01%)