



Candie's SIMPLY Great Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



80

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients



92 fluid ounce fruit punch canned



2 liter lemon-lime carbonated beverage flavored



0.5 gallon whipped cream french

Equipment

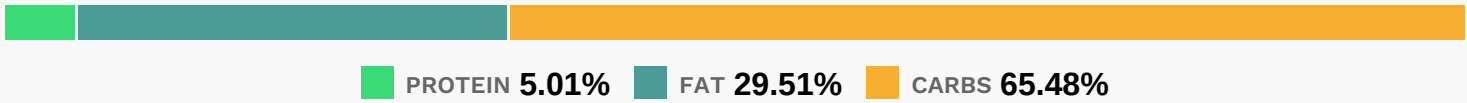


bowl

Directions

Pour chilled punch and soda into punch bowl. Scoop out entire half-gallon of ice cream, and carefully slide into punch.

Nutrition Facts



Properties

Glycemic Index:0.76, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:1.507391307665%

Nutrients (% of daily need)

Calories: 78.58kcal (3.93%), Fat: 2.64g (4.06%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 12.45g (4.53%), Sugar: 11.38g (12.65%), Cholesterol: 10.41mg (3.47%), Sodium: 23.12mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.74mg (1.25%), Protein: 1.01g (2.01%), Vitamin A: 202.3IU (4.05%), Vitamin B2: 0.06mg (3.82%), Calcium: 32.48mg (3.25%), Phosphorus: 28.92mg (2.89%), Fiber: 0.71g (2.84%), Potassium: 77.6mg (2.22%), Vitamin K: 1.64µg (1.56%), Copper: 0.03mg (1.55%), Vitamin B12: 0.09µg (1.54%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.26mg (1.32%), Zinc: 0.2mg (1.31%), Vitamin C: 0.89mg (1.08%)