



Cherry-Berry Spider

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

READY IN



1 min.

SERVINGS



2

CALORIES



276 kcal

SIDE DISH

Ingredients

- 4 blueberries
- 4 cherries
- 2 cups pink lemonade kool-aid prepared
- 2 tablespoons raspberries
- 2 scoops whipped cream

Equipment

Directions

Place 2 cherries and 2 blueberries in each tall glass. Measure 1 tablespoon of raspberry syrup into each glass. Gently pour in the lemonade. top each glass with a scoop of ice cream.

Nutrition Facts



PROTEIN 3.85% **FAT 23.94%** **CARBS 72.21%**

Properties

Glycemic Index:106.75, Glycemic Load:29.34, Inflammation Score:-3, Nutrition Score:4.0260869679244%

Flavonoids

Cyanidin: 11.82mg, Cyanidin: 11.82mg, Cyanidin: 11.82mg, Cyanidin: 11.82mg Petunidin: 0.87mg, Petunidin: 0.87mg, Petunidin: 0.87mg, Petunidin: 0.87mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 1.78mg, Malvidin: 1.78mg, Malvidin: 1.78mg, Malvidin: 1.78mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 7.4g (11.38%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 48.38g (17.59%), Sugar: 44.87g (49.86%), Cholesterol: 29.04mg (9.68%), Sodium: 67.94mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin B2: 0.17mg (10.02%), Calcium: 90.41mg (9.04%), Phosphorus: 77.26mg (7.73%), Fiber: 1.82g (7.29%), Vitamin C: 5.64mg (6.84%), Manganese: 0.12mg (6.21%), Vitamin A: 294.38IU (5.89%), Potassium: 191.19mg (5.46%), Vitamin B5: 0.47mg (4.67%), Vitamin B12: 0.26µg (4.29%), Magnesium: 14.41mg (3.6%), Zinc: 0.53mg (3.55%), Vitamin B1: 0.04mg (2.47%), Vitamin B6: 0.05mg (2.45%), Vitamin E: 0.35mg (2.35%), Vitamin K: 2.19µg (2.08%), Copper: 0.04mg (1.98%), Folate: 7.2µg (1.8%), Selenium: 1.22µg (1.74%), Iron: 0.23mg (1.26%)