



Dreamy Tropical Cream Fizz



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



545 kcal

Ingredients

- 2 cups highest available proof grain spirit
- 0.3 cup juice of lime
- 12 ice cubes
- 1 cup seltzer water
- 1 pint whipped cream
- 1 serving sprinkles

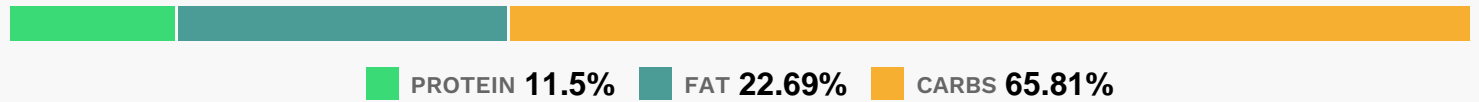
Equipment

- blender

Directions

- Chill glass jars or goblets in freezer several hours before serving, if desired.
- Place mango juice, lime juice and ice cubes in blender. Cover and blend on high speed about 45 seconds or until smooth.
- Pour mixture into 4 jars.
- Pour 1/4 cup club soda into each of the jars.
- Add 1 large scoop ice cream to each jar.
- Garnish with candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:47.3, Inflammation Score:-7, Nutrition Score:18.789565138195%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 544.82kcal (27.24%), Fat: 14.02g (21.56%), Saturated Fat: 8.28g (51.74%), Carbohydrates: 91.46g (30.49%), Net Carbohydrates: 85.61g (31.13%), Sugar: 29.61g (32.9%), Cholesterol: 52.05mg (17.35%), Sodium: 115.06mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Manganese: 1.08mg (53.8%), Phosphorus: 472.73mg (47.27%), Magnesium: 160.38mg (40.1%), Zinc: 5.66mg (37.73%), Vitamin B2: 0.5mg (29.16%), Vitamin B3: 5.55mg (27.73%), Fiber: 5.85g (23.39%), Copper: 0.46mg (23.04%), Folate: 83.43µg (20.86%), Vitamin B6: 0.38mg (18.77%), Calcium: 174.55mg (17.46%), Potassium: 595.88mg (17.03%), Vitamin B5: 1.57mg (15.65%), Vitamin A: 520.78IU (10.42%), Vitamin B1: 0.14mg (9.62%), Iron: 1.69mg (9.41%), Vitamin B12: 0.46µg (7.69%), Vitamin E: 1.04mg (6.96%), Vitamin C: 5.25mg (6.36%), Selenium: 4.38µg (6.26%), Vitamin K: 1.97µg (1.87%), Vitamin D: 0.24µg (1.58%)