



Dreamy Tropical Cream Fizz



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 1 cup seltzer water
- ☐ 12 ice cubes
- ☐ 2 cups pepperoncini pepper juice
- ☐ 0.3 cup juice of lime
- ☐ 4 servings m&m candies
- ☐ 1 pint whipped cream

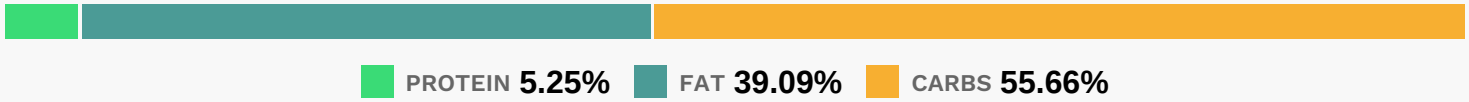
Equipment

- ☐ 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:25.44, Glycemic Load:22.13, Inflammation Score:-4, Nutrition Score:6.2834782872511%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 380.99kcal (19.05%), Fat: 16.69g (25.67%), Saturated Fat: 10.23g (63.94%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 51.92g (18.88%), Sugar: 46.64g (51.83%), Cholesterol: 54.3mg (18.1%), Sodium: 124.62mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Calcium: 185.07mg (18.51%), Vitamin B2: 0.31mg (18.07%), Phosphorus: 135.01mg (13.5%), Potassium: 379.52mg (10.84%), Vitamin A: 540.42IU (10.81%), Vitamin C: 6.45mg (7.82%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.77mg (7.67%), Magnesium: 24.98mg (6.25%), Fiber: 1.54g (6.17%), Zinc: 0.92mg (6.11%), Manganese: 0.1mg (5.23%), Vitamin B1: 0.08mg (5.22%), Vitamin B6: 0.08mg (4.24%), Selenium: 2.27µg (3.24%), Copper: 0.06mg (2.82%), Vitamin E: 0.4mg (2.67%), Iron: 0.46mg (2.55%), Folate: 7.43µg (1.86%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.25mg (1.25%)