



Fizzy Float

READY IN



10 min.

SERVINGS



10

CALORIES



112 kcal

Ingredients

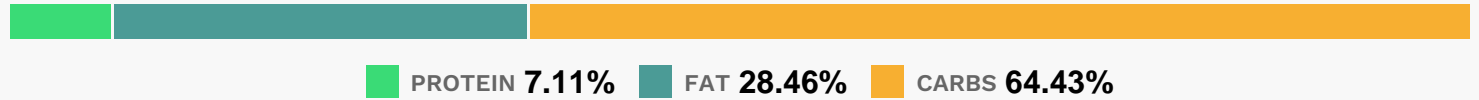
- 0.5 cup kool-aid sugar-sweetened drink mix
- 2 cups seltzer cold
- 2 cups whipped cream
- 4 cups water cold
- 2 cups grape juice white cold

Equipment

Directions

- Add water to drink mix in large plastic or glass pitcher; stir until drink mix is completely dissolved. Stir in grape juice.
- Use immediately or refrigerate until ready to serve.
- Pour 3/4 cup of the prepared drink mix into each of 8 tall glasses.
- Add 1/4 cup seltzer to each glass, then top with 1/4 cup ice cream.
- Serve immediately. Store leftover prepared drink in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:3.69, Inflammation Score:-2, Nutrition Score:2.7186956535215%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 111.76kcal (5.59%), Fat: 3.56g (5.48%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.86g (6.5%), Sugar: 15.76g (17.51%), Cholesterol: 13.12mg (4.37%), Sodium: 63.63mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin B2: 0.13mg (7.56%), Manganese: 0.14mg (6.92%), Calcium: 63.19mg (6.32%), Phosphorus: 57.18mg (5.72%), Potassium: 153.48mg (4.39%), Magnesium: 15.99mg (4%), Vitamin B1: 0.05mg (3.4%), Vitamin B6: 0.05mg (2.72%), Vitamin A: 129.19IU (2.58%), Vitamin B12: 0.15µg (2.55%), Copper: 0.05mg (2.28%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.17%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.43mg (2.13%), Fiber: 0.29g (1.17%), Iron: 0.2mg (1.1%), Folate: 4.2µg (1.05%)