

Frosty Citrus Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



15

CALORIES



59 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces lemonade concentrate frozen thawed canned
- ☐ 3 cups water cold
- ☐ 24 ounces lemon-lime soda pop chilled canned (3 cups)
- ☐ 1 cup pineapple sherbet softened

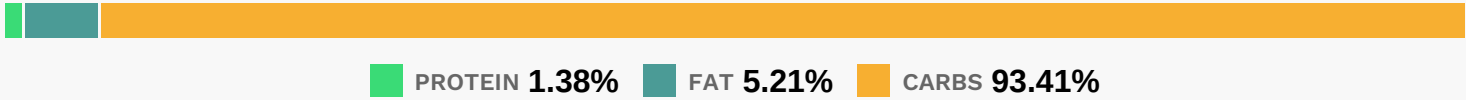
Equipment

- ☐ bowl

Directions

- ☐
- Mix limeade concentrate and water in large pitcher. Just before serving, stir in soda pop.
- ☐
- Pour into punch bowl. Float scoops of sherbet on top.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.60695652242588%

Nutrients (% of daily need)

Calories: 59.11kcal (2.96%), Fat: 0.36g (0.55%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 14.17g (5.15%), Sugar: 12.49g (13.88%), Cholesterol: 0.1mg (0.03%), Sodium: 10.31mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 3.2mg (3.88%), Vitamin B2: 0.02mg (1.18%), Phosphorus: 10.07mg (1.01%)