



## Frosty Fruit Float

READY IN



5 min.

SERVINGS



1

CALORIES



110 kcal

### Ingredients

- 0.5 cup club soda
- 1 Tbsp kool-aid grape flavor sugar-sweetened drink mix
- 1 maraschino cherry
- 0.3 cup whipped cream
- 1 Tbsp cool whip whipped topping thawed

### Equipment

### Directions

- Mix drink mix and club soda in tall glass.

Add ice cream.

Top with whipped topping and cherry.

## Nutrition Facts

**PROTEIN 7.55%** **FAT 38.68%** **CARBS 53.77%**

### Properties

Glycemic Index:61, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:2.3939130332159%

### Nutrients (% of daily need)

Calories: 110.18kcal (5.51%), Fat: 4.75g (7.31%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.47g (5.26%), Sugar: 12.62g (14.02%), Cholesterol: 15.93mg (5.31%), Sodium: 76.96mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin B2: 0.13mg (7.87%), Calcium: 70.44mg (7.04%), Phosphorus: 57.82mg (5.78%), Potassium: 115.32mg (3.29%), Vitamin A: 156.83IU (3.14%), Vitamin B12: 0.18µg (3.03%), Magnesium: 11.43mg (2.86%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.42mg (2.79%), Selenium: 1.61µg (2.31%), Vitamin B5: 0.23mg (2.29%), Vitamin B6: 0.04mg (1.98%), Vitamin B3: 0.33mg (1.66%), Copper: 0.03mg (1.66%), Fiber: 0.4g (1.59%), Folate: 4.32µg (1.08%)