



Frothy Orange Punch

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups milk
- ☐ 2 cups cranberry-orange relish chilled
- ☐ 2 pts cranberry-orange relish softened
- ☐ 2 pts whipped cream softened

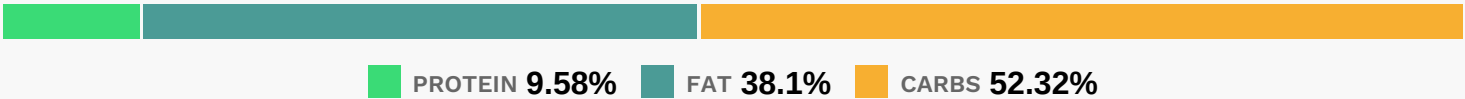
Equipment

- ☐ bowl

Directions

- ☐ Scoop ice cream and sherbet into a punch bowl.
- ☐ Pour in milk and soda; stir gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.27, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:9.1704347833343%

Flavonoids

Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg, Hesperetin: 23.73mg Naringenin: 13.34mg, Naringenin: 13.34mg, Naringenin: 13.34mg, Naringenin: 13.34mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 210.57kcal (10.53%), Fat: 9.13g (14.04%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 25.67g (9.34%), Sugar: 24.65g (27.39%), Cholesterol: 35.57mg (11.86%), Sodium: 75.2mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin C: 46.71mg (56.62%), Calcium: 195.62mg (19.56%), Vitamin B2: 0.28mg (16.24%), Phosphorus: 144.15mg (14.42%), Vitamin A: 566.97IU (11.34%), Potassium: 380.78mg (10.88%), Fiber: 2.53g (10.13%), Vitamin B12: 0.6µg (9.96%), Vitamin B1: 0.14mg (9.2%), Vitamin B5: 0.83mg (8.27%), Folate: 29.28µg (7.32%), Magnesium: 25.35mg (6.34%), Vitamin B6: 0.12mg (6.11%), Vitamin D: 0.84µg (5.61%), Zinc: 0.76mg (5.09%), Selenium: 2.81µg (4.01%), Copper: 0.05mg (2.72%), Vitamin E: 0.38mg (2.52%), Vitamin B3: 0.39mg (1.94%), Manganese: 0.03mg (1.47%)