



Ghoulish Punch

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



10

CALORIES



80 kcal

BEVERAGE

DRINK

Ingredients

- 10 servings ice cubes
- 1 lime thinly sliced
- 1 pkg jell-o lime flavor gelatin (8-serving size)
- 1 cranberry-orange relish thinly sliced
- 2 cups orange sherbet softened
- 2 cups orange juice cold
- 1 liter seltzer chilled
- 2 cups water boiling

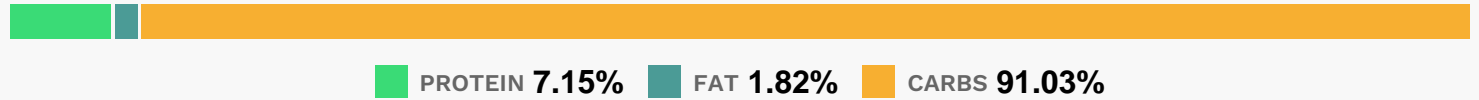
Equipment

bowl

Directions

- Stir boiling water into dry gelatin in large bowl at least 2 minutes until completely dissolved. Stir in juice. Cool to room temperature.
- Pour into punch bowl just before serving.
- Add seltzer and ice; stir.
- Add scoops of sherbet and fruit slices.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:4.76, Inflammation Score:-5, Nutrition Score:5.2926085111888%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 22.19mg, Hesperetin: 22.19mg, Hesperetin: 22.19mg, Hesperetin: 22.19mg Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg, Naringenin: 8.81mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 79.79kcal (3.99%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.88g (6.5%), Sugar: 16.18g (17.98%), Cholesterol: 0mg (0%), Sodium: 66.41mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin C: 52.87mg (64.09%), Folate: 30.4µg (7.6%), Vitamin B1: 0.09mg (5.97%), Fiber: 1.47g (5.86%), Potassium: 197.5mg (5.64%), Vitamin A: 213.02IU (4.26%), Copper: 0.08mg (4.04%), Calcium: 35.66mg (3.57%), Magnesium: 12.97mg (3.24%), Phosphorus: 28.5mg (2.85%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.23mg (2.33%), Vitamin B2: 0.04mg (2.31%), Vitamin B3: 0.35mg (1.76%), Selenium: 0.89µg (1.27%), Zinc: 0.18mg (1.18%), Iron: 0.21mg (1.16%), Manganese: 0.02mg (1.08%)