



Halloween Lime Spritzer

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



16

CALORIES



117 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart pineapple sherbet softened
- 12 oz limeade more frozen thawed
- 1 liter ginger ale
- 1 serving pumpkin candies and gummy worms
- 1 slices lime

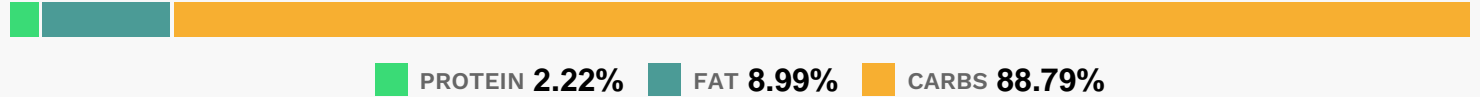
Equipment

- bowl

Directions

- In punch bowl, mix sherbet, limeade and ginger ale.
- Pour into glasses.
- Garnish each glass with candy and lime slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:12.23, Inflammation Score:-1, Nutrition Score:1.2834782595544%

Flavonoids

Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 117.48kcal (5.87%), Fat: 1.18g (1.82%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.54g (9.29%), Sugar: 22.47g (24.97%), Cholesterol: 0.59mg (0.2%), Sodium: 32.95mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Calcium: 33.95mg (3.4%), Vitamin B2: 0.06mg (3.38%), Fiber: 0.78g (3.12%), Phosphorus: 23.74mg (2.37%), Zinc: 0.32mg (2.1%), Vitamin C: 1.49mg (1.8%), Potassium: 57.85mg (1.65%), Copper: 0.03mg (1.4%), Selenium: 0.95µg (1.36%), Magnesium: 5.38mg (1.35%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.08µg (1.28%), Iron: 0.2mg (1.1%), Vitamin B1: 0.02mg (1.07%)