



Halloween Sparkle Punch

READY IN



190 min.

SERVINGS



10

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups ginger ale cold
- 0.7 cup tang orange flavor drink mix
- 2 cups blackberry sherbet
- 4 cups water cold

Equipment

- bowl

Directions

- Add drink mix to water in punch bowl or large plastic or glass pitcher; stir until mix is dissolved. Refrigerate several hours or until chilled.
- Stir in ginger ale just before serving.
- Place 1/4 cup sherbet in each of 8 punch cups.
- Add 3/4 cup drink to each.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:7, Inflammation Score:-1, Nutrition Score:1.9791304507981%

Nutrients (% of daily need)

Calories: 94.34kcal (4.72%), Fat: 1.39g (2.13%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 18.67g (6.79%), Sugar: 15.36g (17.07%), Cholesterol: 2.3mg (0.77%), Sodium: 55.4mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin B2: 0.11mg (6.2%), Calcium: 45.07mg (4.51%), Phosphorus: 41.67mg (4.17%), Vitamin B1: 0.05mg (3.34%), Magnesium: 11.54mg (2.88%), Selenium: 1.86µg (2.65%), Potassium: 92.05mg (2.63%), Copper: 0.05mg (2.43%), Vitamin B3: 0.46mg (2.28%), Vitamin B6: 0.04mg (2.05%), Vitamin B12: 0.11µg (1.75%), Zinc: 0.26mg (1.72%), Fiber: 0.39g (1.57%), Manganese: 0.03mg (1.46%), Folate: 5.02µg (1.25%), Vitamin B5: 0.12mg (1.18%), Vitamin C: 0.92mg (1.12%), Iron: 0.18mg (1.03%)