



Icy Tropical Fruit Float



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

Ingredients

- 1 slices carambola thin (star fruit)
- 1 cup gingerale chilled
- 24 grapes red seedless
- 1 cup pineapple sherbet

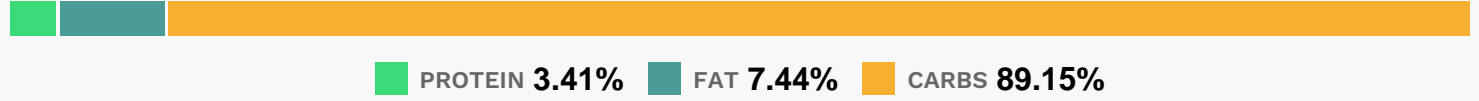
Equipment

Directions

- Divide carambola and grapes evenly among 4 tall glasses.

- Place in freezer until ready to serve.
- To serve, spoon 1/4 cup sherbet on top of fruit in each glass.
- Pour 1/4 cup gingerale over each serving, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:11.5, Inflammation Score:-1, Nutrition Score:2.6291304515756%

Nutrients (% of daily need)

Calories: 102.41kcal (5.12%), Fat: 0.88g (1.35%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.16g (8.06%), Sugar: 19.97g (22.19%), Cholesterol: 0.37mg (0.12%), Sodium: 22.29mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin C: 11.1mg (13.45%), Fiber: 1.51g (6.03%), Copper: 0.1mg (4.8%), Vitamin K: 4.38µg (4.17%), Potassium: 129.32mg (3.69%), Vitamin B2: 0.06mg (3.6%), Calcium: 25.56mg (2.56%), Phosphorus: 24.04mg (2.4%), Vitamin B1: 0.03mg (2.3%), Manganese: 0.04mg (2.15%), Magnesium: 8.35mg (2.09%), Vitamin B5: 0.2mg (2.03%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.26mg (1.74%), Iron: 0.29mg (1.6%), Folate: 5.32µg (1.33%), Selenium: 0.81µg (1.15%), Vitamin A: 53.29IU (1.07%)