

Italian Cream Soda

 Vegetarian  Gluten Free

READY IN



1 min.

SERVINGS



1

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- 8 fluid ounces carbonated water
- 1 fluid ounce half-and-half cream
- 0.8 fluid ounce passion fruit syrup flavored
- 0.8 fluid ounce watermelon syrup flavored

Equipment

Directions

- Fill a tall glass half full with ice. Fill to 2/3 with carbonated water.
- Pour in watermelon and passion fruit flavored syrups, then float the half-and-half cream on top. Stir when ready to drink.

Nutrition Facts

PROTEIN 8.72% **FAT 45.47%** **CARBS 45.81%**

Properties

Glycemic Index:104.67, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:3.14608699083333%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Nutrients (% of daily need)

Calories: 66.9kcal (3.35%), Fat: 3.59g (5.52%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.08g (5.64%), Cholesterol: 10.35mg (3.45%), Sodium: 74.15mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 8.72mg (10.56%), Vitamin A: 512.97IU (10.26%), Fiber: 2.4g (9.58%), Vitamin B2: 0.09mg (5.34%), Calcium: 47.68mg (4.77%), Phosphorus: 45.61mg (4.56%), Potassium: 145.78mg (4.17%), Magnesium: 13.97mg (3.49%), Zinc: 0.4mg (2.64%), Iron: 0.45mg (2.48%), Vitamin B6: 0.05mg (2.35%), Copper: 0.05mg (2.26%), Vitamin B3: 0.4mg (2.02%), Selenium: 1.17µg (1.67%), Vitamin B5: 0.13mg (1.34%), Folate: 4.66µg (1.16%), Vitamin B1: 0.02mg (1.08%)