

## KOOL-AID Float

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



153 kcal

DESSERT

### Ingredients

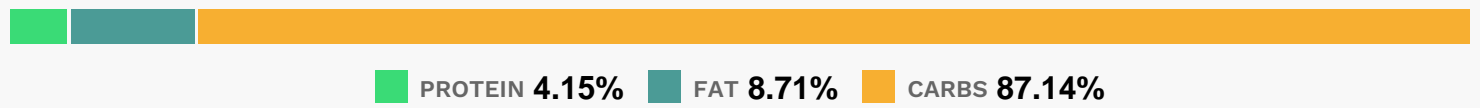
- 2 cups grape juice cocktail light white cold
- 1 env. kool-aid cherry flavor drink mix unsweetened or any other flavor
- 1 cup granular no-calorie sweetener
- 2 cups seltzer cold
- 2 cups no-sugar-added vanilla ice cream light
- 4 cups water cold

### Equipment

## Directions

- Place granulated sweetener and drink mix in large plastic or glass pitcher.
- Add water; stir until drink mix is dissolved.
- Stir in juice cocktail. Use immediately or refrigerate until ready to serve.
- Pour 3/4 cup of the prepared drink into each of eight tall glasses.
- Add 1/4 cup seltzer to each glass, then top with 1/4 cup of the ice cream.
- Serve immediately. Store leftover prepared drink in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:8.6, Glycemic Load:12.32, Inflammation Score:-1, Nutrition Score:2.0013043433428%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg, Delphinidin: 0.97mg Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg, Malvidin: 5.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 152.71kcal (7.64%), Fat: 1.54g (2.37%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 34.56g (12.57%), Sugar: 30.01g (33.35%), Cholesterol: 8.23mg (2.74%), Sodium: 40.1mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Manganese: 0.12mg (6.16%), Calcium: 60.01mg (6%), Vitamin B2: 0.09mg (5.06%), Phosphorus: 38.75mg (3.88%), Potassium: 118.36mg (3.38%), Vitamin A: 140.46IU (2.81%), Magnesium: 10.83mg (2.71%), Vitamin B12: 0.14µg (2.39%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.03mg (1.68%), Copper: 0.03mg (1.62%), Vitamin B6: 0.03mg (1.51%), Iron: 0.19mg (1.05%)