



Lemon Berry Cooler

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup ice cubes
- 1 cup country time lemonade flavor drink mix sugar free prepared
- 0.5 cup reduced fat milk 2% cold
- 0.5 cup strawberry sorbet

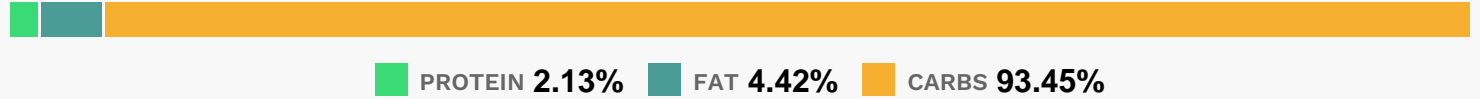
Equipment

- blender

Directions

- Place all ingredients in blender container; cover. Blend on high speed 30 seconds or until thickened and smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.2330434001658%

Nutrients (% of daily need)

Calories: 197.19kcal (9.86%), Fat: 1.01g (1.55%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 47.47g (17.26%), Sugar: 45.64g (50.71%), Cholesterol: 1.89mg (0.63%), Sodium: 45.63mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Magnesium: 110.52mg (27.63%), Vitamin C: 17.44mg (21.14%), Calcium: 37.75mg (3.77%), Potassium: 97.13mg (2.78%), Vitamin B2: 0.04mg (2.57%), Phosphorus: 23.46mg (2.35%), Vitamin B12: 0.13µg (2.08%), Fiber: 0.49g (1.96%), Copper: 0.02mg (1.24%), Selenium: 0.85µg (1.22%), Vitamin B5: 0.11mg (1.1%), Zinc: 0.16mg (1.06%), Vitamin B1: 0.02mg (1.05%), Vitamin B6: 0.02mg (1.02%)