Lemonade Floats

Vegetarian · Vegan · Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
5 min.	5	98 kcal

Ingredients

- [ ] 5 servings country time lemonade flavor drink mix
- [ ] 2 cups orange sorbet
- [ ] 4 cups water cold

Equipment

Directions

- [ ] Measure drink mix into cap to 1-qt. line.
- [ ] Empty drink mix in large plastic or glass pitcher.

- [ ] Add cold water; stir until drink mix is completely dissolved.
- [ ] Place 1 scoop of sorbet in each of 4 tall serving glasses.
- [ ] Pour lemonade over sorbet; stir before serving.

Nutrition Facts

PROTEIN **2.57%** FAT **2.27%** CARBS **95.16%**

Properties

Glycemic Index:8.5, Glycemic Load:2.88, Inflammation Score:-5, Nutrition Score:4.8560870289803%

Flavonoids

Hesperetin: 19.62mg, Hesperetin: 19.62mg, Hesperetin: 19.62mg, Hesperetin: 19.62mg Naringenin: 11.03mg, Naringenin: 11.03mg, Naringenin: 11.03mg, Naringenin: 11.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 98.1kcal (4.9%), Fat: 0.26g (0.41%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 23.23g (8.45%), Sugar: 22.83g (25.37%), Cholesterol: 0mg (0%), Sodium: 18.13mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin C: 45.09mg (54.65%), Magnesium: 51.08mg (12.77%), Fiber: 1.8g (7.18%), Folate: 22.62µg (5.66%), Potassium: 155.31mg (4.44%), Vitamin B1: 0.07mg (4.35%), Calcium: 37.88mg (3.79%), Copper: 0.07mg (3.52%), Vitamin A: 163.53IU (3.27%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.19mg (1.9%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.23mg (1.13%), Phosphorus: 10.76mg (1.08%), Manganese: 0.02mg (1.04%), Vitamin E: 0.15mg (1.02%)