



Lemony Orange Cooler Punch

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



10

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- 28 oz ginger ale chilled
- 10 servings country time lemonade flavor drink mix
- 4 cups orange sherbet
- 4 cups orange juice cold
- 2 cups strawberries sliced
- 6 cups water cold

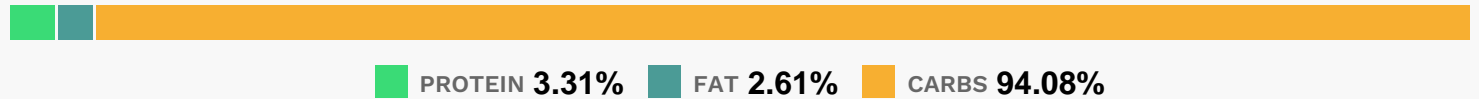
Equipment

- bowl

Directions

- Measure drink mix into cap to 2-qt. line; empty into 3-qt. plastic or glass pitcher.
- Add water and orange juice; stir until mix is dissolved.
- Refrigerate until ready to serve.
- Pour prepared drink into punch bowl just before serving. Stir in ginger ale. Top with strawberries and small scoops of sherbet.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:13.17, Inflammation Score:-7, Nutrition Score:9.5360869868942%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 31.47mg, Hesperetin: 31.47mg, Hesperetin: 31.47mg, Hesperetin: 31.47mg Naringenin: 13.23mg, Naringenin: 13.23mg, Naringenin: 13.23mg, Naringenin: 13.23mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 178.94kcal (8.95%), Fat: 0.55g (0.85%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 41.94g (15.25%), Sugar: 39.64g (44.04%), Cholesterol: 0mg (0%), Sodium: 22.6mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin C: 111.62mg (135.3%), Magnesium: 66.06mg (16.51%), Folate: 59.29µg (14.82%), Potassium: 398.57mg (11.39%), Vitamin B1: 0.16mg (10.76%), Fiber: 2.57g (10.28%), Manganese: 0.16mg (7.8%), Vitamin A: 365.39IU (7.31%), Copper: 0.13mg (6.73%), Calcium: 54.36mg

(5.44%), Vitamin B6: 0.1mg (5.04%), Vitamin B5: 0.41mg (4.15%), Vitamin B2: 0.06mg (3.82%), Vitamin B3: 0.73mg (3.67%), Phosphorus: 34.54mg (3.45%), Iron: 0.56mg (3.13%), Vitamin E: 0.28mg (1.84%), Zinc: 0.21mg (1.41%), Selenium: 0.76µg (1.08%)