

Lime Sherbet Punch

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



18

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- 4 liter ginger ale
- 1 optional: lemon sliced
- 1 lime sliced
- 2 quarts lime sherbet
- 4 ounce maraschino cherries drained
- 46 fluid ounce pineapple juice canned

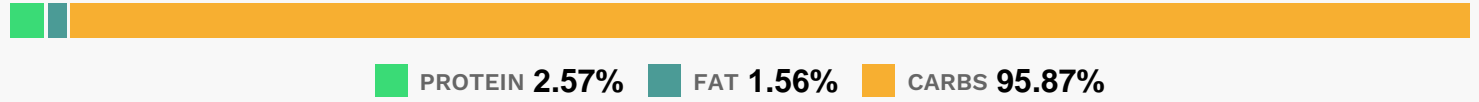
Equipment

- bowl

Directions

- Scoop lime sherbet into a punch bowl; pour in ginger ale and pineapple juice. Stir well.
- Stir in maraschino cherries and float lemon and lime slices in the punch.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:15.02, Inflammation Score:-4, Nutrition Score:6.070869528729%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 48.49mg, Hesperetin: 48.49mg, Hesperetin: 48.49mg, Hesperetin: 48.49mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 165.51kcal (8.28%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 41.41g (15.06%), Sugar: 34.94g (38.82%), Cholesterol: 0mg (0%), Sodium: 18.82mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin C: 41.97mg (50.87%), Fiber: 4.4g (17.6%), Copper: 0.2mg (10.14%), Vitamin B1: 0.11mg (7.48%), Iron: 1.33mg (7.37%), Potassium: 216.57mg (6.19%), Calcium: 59.63mg (5.96%), Vitamin B6: 0.11mg (5.43%), Magnesium: 20.82mg (5.2%), Folate: 13.15µg (3.29%), Phosphorus: 26.04mg (2.6%), Vitamin B5: 0.25mg (2.51%), Vitamin B2: 0.04mg (2.28%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.33mg (2.17%), Manganese: 0.04mg (2%), Vitamin A: 96.38IU (1.93%), Vitamin E: 0.27mg (1.78%), Selenium: 1µg (1.42%), Vitamin K: 1.28µg (1.22%)