



Lou Lou Great Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



32

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients

- 2 liters lemon-lime carbonated beverage flavored
- 4 ounce maraschino cherries
- 1 pint orange sherbet
- 24 fluid ounce orange juice concentrate frozen canned
- 1 drop peppermint extract
- 46 fluid ounce pineapple juice canned
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- ice cube tray

Directions

- Use 1 liter of lemon–lime soda to fill an ice cube tray. Reserving the cherry juice, place the maraschino cherries into the soda filled tray. Freeze 1 hour, or until solid.
- In a punch bowl, mix the remaining 1 liter lemon–lime soda, reserved maraschino cherry juice, pineapple juice, and orange juice concentrate. Flavor with peppermint and vanilla extract. Slide in the orange sherbet and the ice cubes you made earlier.

Nutrition Facts

PROTEIN 3.75% **FAT 1.13%** **CARBS 95.12%**

Properties

Glycemic Index:1.33, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:4.7669565250044%

Flavonoids

Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg, Naringenin: 2.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 96.87kcal (4.84%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 22.92g (8.33%), Sugar: 21.77g (24.19%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Caffeine: 9.35mg (3.12%), Protein: 0.95g (1.9%), Vitamin C: 44.02mg (53.36%), Vitamin B1: 0.12mg (7.81%), Potassium: 220.43mg (6.3%), Folate: 23.64µg (5.91%), Fiber: 1.24g (4.97%), Vitamin B6: 0.1mg (4.93%), Magnesium: 16.39mg (4.1%), Copper: 0.07mg (3.52%), Vitamin B2: 0.05mg (3.16%), Vitamin A: 140.17IU (2.8%), Calcium: 24.31mg (2.43%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 18.68mg (1.87%), Vitamin B5: 0.16mg (1.63%), Iron: 0.23mg (1.3%), Vitamin E: 0.17mg (1.13%)