

Magic Potion Punch

 Gluten Free

READY IN



14 min.

SERVINGS



8

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chocolate syrup
- ☐ 2 cups milk
- ☐ 24 ounces lemon-lime soda pop room temperature canned
- ☐ 1 serving non-dairy whipped topping

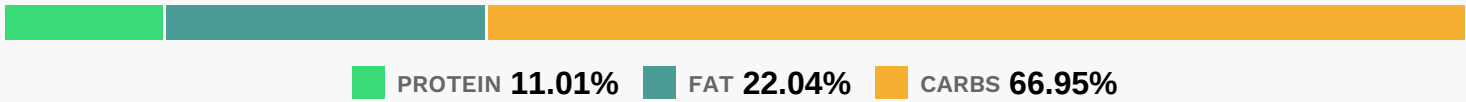
Equipment

- ☐ microwave

Directions

- ☐ Stir together chocolate syrup and milk in 4-cup microwavable measure until well blended. Microwave uncovered on High 3 to 4 minutes or until hot.
- ☐ Divide heated mixture among 8 paper "hot" cups or mugs. Slowly pour about 3 ounces (1/3 cup) soda pop into each cup. Top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:3.0843478569194%

Nutrients (% of daily need)

Calories: 91.02kcal (4.55%), Fat: 2.24g (3.44%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.8g (5.38%), Sugar: 12.38g (13.75%), Cholesterol: 7.33mg (2.44%), Sodium: 40.49mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Phosphorus: 94.72mg (9.47%), Calcium: 80.61mg (8.06%), Vitamin B2: 0.11mg (6.68%), Vitamin B12: 0.33µg (5.51%), Copper: 0.1mg (4.92%), Magnesium: 19.55mg (4.89%), Vitamin D: 0.67µg (4.47%), Potassium: 140.02mg (4%), Manganese: 0.07mg (3.7%), Vitamin B1: 0.04mg (2.68%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.23mg (2.3%), Iron: 0.41mg (2.3%), Selenium: 1.52µg (2.17%), Vitamin A: 99.24IU (1.98%), Fiber: 0.49g (1.95%), Vitamin B6: 0.04mg (1.92%)