



Marley's Pretty Pink Princess Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients



4 cups raspberry juice



4 cups lemon-lime soda sprite® (such as)



0.3 cup juice of lime



1 cup raspberry sorbet

Equipment



bowl

Directions

☐ Combine lemon–lime soda, raspberry juice, raspberry sorbet, and lime juice in a punch bowl; stir to melt sorbet.

Nutrition Facts



PROTEIN 1.94% **FAT 1.8%** **CARBS 96.26%**

Properties

Glycemic Index:5.09, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:1.2247825958159%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 133.04kcal (6.65%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.81g (11.57%), Sugar: 28.02g (31.14%), Cholesterol: 0mg (0%), Sodium: 30.81mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 0.66g (1.31%), Manganese: 0.09mg (4.66%), Vitamin C: 3.38mg (4.1%), Potassium: 135.27mg (3.86%), Fiber: 0.67g (2.69%), Magnesium: 7.99mg (2%), Vitamin B1: 0.03mg (1.86%), Calcium: 13.34mg (1.33%), Vitamin B2: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.26%)