



## Orange Cream Milk Punch

 Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



132 kcal

BEVERAGE

DRINK

### Ingredients

- 16 ounce lemon-lime carbonated beverage flavored canned
- 1 quart milk cold
- 2 pints orange sherbet
- 1 quart whipped cream

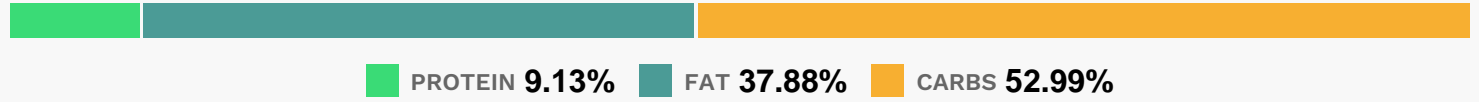
### Equipment

- bowl

## Directions

- Place the ice cream and sherbet in a punch bowl.
- Pour in the milk and lemon-lime soda. Stir gently and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:7.78, Inflammation Score:-4, Nutrition Score:4.9108695225871%

## Flavonoids

Hesperetin: 10.74mg, Hesperetin: 10.74mg, Hesperetin: 10.74mg, Hesperetin: 10.74mg Naringenin: 6.04mg, Naringenin: 6.04mg, Naringenin: 6.04mg, Naringenin: 6.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 131.56kcal (6.58%), Fat: 5.65g (8.69%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.55g (6.02%), Sugar: 15.87g (17.63%), Cholesterol: 22.08mg (7.36%), Sodium: 48.42mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin C: 21.21mg (25.71%), Calcium: 115.12mg (11.51%), Vitamin B2: 0.16mg (9.7%), Phosphorus: 86.75mg (8.67%), Vitamin A: 318.61IU (6.37%), Vitamin B12: 0.37µg (6.11%), Potassium: 209.18mg (5.98%), Fiber: 1.22g (4.89%), Vitamin B1: 0.07mg (4.84%), Vitamin B5: 0.47mg (4.75%), Magnesium: 14.38mg (3.6%), Folate: 13.8µg (3.45%), Vitamin D: 0.51µg (3.42%), Vitamin B6: 0.07mg (3.33%), Zinc: 0.46mg (3.09%), Selenium: 1.66µg (2.37%), Vitamin E: 0.21mg (1.39%), Copper: 0.03mg (1.36%), Vitamin B3: 0.2mg (1.01%)