



Orange Dream Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



30

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients



2 liter ginger ale



0.5 gallon orange sherbet



6 ounce orange juice concentrate frozen canned

Equipment

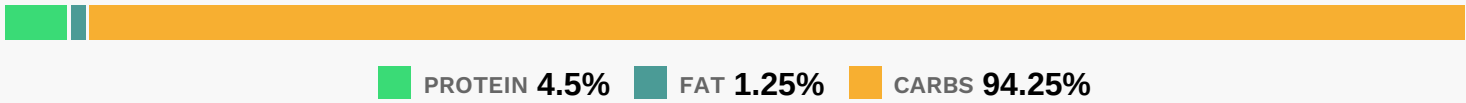


bowl

Directions

Place sherbet and frozen orange juice concentrate in a punch bowl. Allow to thaw for 10 to 15 minutes. Stir in ginger ale.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:6.19, Inflammation Score:-4, Nutrition Score:4.1760870485526%

Flavonoids

Hesperetin: 17.19mg, Hesperetin: 17.19mg, Hesperetin: 17.19mg, Hesperetin: 17.19mg Naringenin: 9.67mg, Naringenin: 9.67mg, Naringenin: 9.67mg, Naringenin: 9.67mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 60.65kcal (3.03%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 13.7g (4.98%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 5.05mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 41.79mg (50.65%), Fiber: 1.57g (6.28%), Folate: 23.29µg (5.82%), Vitamin B1: 0.07mg (4.7%), Potassium: 150.52mg (4.3%), Vitamin A: 163.44IU (3.27%), Calcium: 29.39mg (2.94%), Vitamin B6: 0.05mg (2.63%), Magnesium: 8.96mg (2.24%), Copper: 0.04mg (2.19%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.19mg (1.89%), Manganese: 0.03mg (1.36%), Phosphorus: 12.29mg (1.23%), Vitamin B3: 0.24mg (1.2%), Iron: 0.2mg (1.12%)