

Party Punch VI



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



32

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients



128 fluid ounce fruit punch



2 liter lemon-lime carbonated beverage chilled flavored



0.5 gallon strawberry sherbet

Equipment

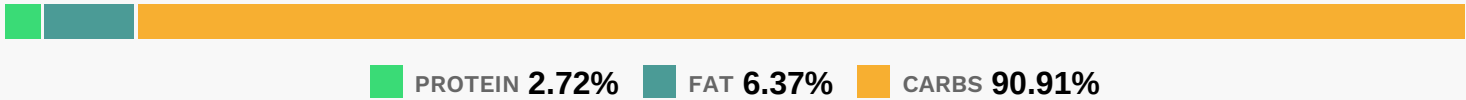


bowl

Directions

- ☐
- Place sherbet in punch bowl.
- ☐
- Pour in fruit punch and lemon–lime soda.

Nutrition Facts



Properties

Glycemic Index:1.59, Glycemic Load:8.78, Inflammation Score:-3, Nutrition Score:3.1604347711672%

Nutrients (% of daily need)

Calories: 178.15kcal (8.91%), Fat: 1.3g (2%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 39.14g (14.23%), Sugar: 34.03g (37.81%), Cholesterol: 0.59mg (0.2%), Sodium: 39.36mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.35mg (3.12%), Protein: 1.25g (2.5%), Fiber: 2.66g (10.65%), Vitamin A: 384.41IU (7.69%), Copper: 0.11mg (5.26%), Vitamin K: 5.44µg (5.18%), Vitamin B2: 0.09mg (5.04%), Vitamin C: 3.96mg (4.8%), Potassium: 162.67mg (4.65%), Calcium: 39.1mg (3.91%), Phosphorus: 37.85mg (3.79%), Magnesium: 11.27mg (2.82%), Zinc: 0.4mg (2.64%), Iron: 0.46mg (2.57%), Vitamin B3: 0.51mg (2.55%), Vitamin B1: 0.03mg (2.01%), Manganese: 0.04mg (1.92%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.63%), Vitamin B12: 0.08µg (1.28%), Selenium: 0.89µg (1.27%), Folate: 4.73µg (1.18%)