





Party Punch VIII

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



48

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- 24 fluid ounce concentrated raspberry-kiwi juice frozen thawed canned
- 4 liter raspberry creme soda chilled
- 0.5 gallon raspberry sherbet

Equipment

- bowl
- ice cream scoop

Directions

- Place raspberry-kiwi juice concentrate in a large punch bowl, Slowly pour in creme soda. Using an ice cream scoop, drop in scoops of sherbet.

Nutrition Facts

PROTEIN 2.55% **FAT 6.01%** **CARBS 91.44%**

Properties

Glycemic Index:1.06, Glycemic Load:5.85, Inflammation Score:-2, Nutrition Score:2.8613043659083%

Nutrients (% of daily need)

Calories: 121.16kcal (6.06%), Fat: 0.83g (1.27%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 27.61g (10.04%), Sugar: 25.06g (27.84%), Cholesterol: 0.39mg (0.13%), Sodium: 29.17mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 22.35mg (27.09%), Vitamin B2: 0.06mg (3.77%), Potassium: 131.69mg (3.76%), Vitamin B1: 0.05mg (3.42%), Folate: 12.96µg (3.24%), Calcium: 31.08mg (3.11%), Fiber: 0.66g (2.64%), Phosphorus: 24.79mg (2.48%), Vitamin B6: 0.05mg (2.38%), Magnesium: 9.16mg (2.29%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.17mg (1.71%), Vitamin A: 74.17IU (1.48%), Copper: 0.03mg (1.32%), Manganese: 0.02mg (1.11%)