

Party Punch X

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



24

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter ginger ale chilled
- 0.5 gallon rainbow sherbet

Equipment

- bowl

Directions

- Place sherbet in punch bowl. Slowly pour in ginger ale.

Nutrition Facts

PROTEIN 2.43% FAT 9.95% CARBS 87.62%

Properties

Glycemic Index:4.75, Glycemic Load:16.29, Inflammation Score:-1, Nutrition Score:1.6930434932203%

Nutrients (% of daily need)

Calories: 141.83kcal (7.09%), Fat: 1.58g (2.43%), Saturated Fat: 0.91g (5.72%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 30.23g (10.99%), Sugar: 26.56g (29.51%), Cholesterol: 0.79mg (0.26%), Sodium: 42.1mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Calcium: 45.08mg (4.51%), Vitamin B2: 0.08mg (4.5%), Fiber: 1.03g (4.1%), Phosphorus: 31.55mg (3.15%), Zinc: 0.42mg (2.8%), Vitamin C: 1.81mg (2.2%), Potassium: 76.54mg (2.19%), Copper: 0.04mg (1.85%), Selenium: 1.27µg (1.81%), Magnesium: 7.14mg (1.79%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.1µg (1.71%), Iron: 0.26mg (1.44%), Vitamin B1: 0.02mg (1.42%)