



Peppermint Punch

 Gluten Free

READY IN



5 min.

SERVINGS



24

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 liters ginger ale chilled
- ☐ 1 quart peppermint ice cream
- ☐ 1 cup milk cold

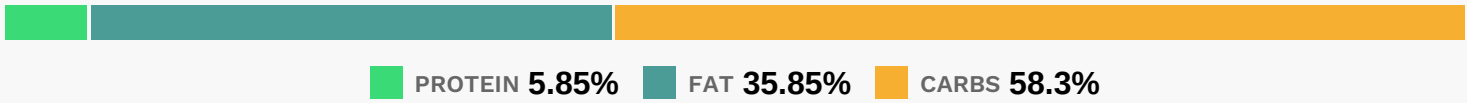
Equipment

- ☐ bowl

Directions

- ☐
- Place ice cream in a punch bowl, and allow to soften slightly. Blend in milk and ginger ale. Stir until frothy.
- ☐
- Serve at once, or keep chilled until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:2.0152174033549%

Nutrients (% of daily need)

Calories: 115.99kcal (5.8%), Fat: 4.66g (7.17%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 16.79g (6.1%), Sugar: 16.25g (18.05%), Cholesterol: 18.57mg (6.19%), Sodium: 41.23mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Calcium: 65.47mg (6.55%), Vitamin B2: 0.11mg (6.39%), Phosphorus: 51.67mg (5.17%), Vitamin A: 182.48IU (3.65%), Vitamin B12: 0.21µg (3.48%), Potassium: 94.55mg (2.7%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.36mg (2.37%), Magnesium: 7.57mg (1.89%), Vitamin B1: 0.02mg (1.46%), Selenium: 0.99µg (1.41%), Vitamin D: 0.19µg (1.27%), Vitamin B6: 0.03mg (1.26%), Copper: 0.02mg (1.21%), Fiber: 0.28g (1.1%), Iron: 0.19mg (1.03%)