



Pink Paradise Punch

READY IN



185 min.

SERVINGS



13

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- 1 L carbonated lemon-lime soda chilled
- 0.3 cup kool-aid cherry flavor sugar-sweetened drink mix
- 0.3 cup kool-aid tropical punch flavor sugar-sweetened drink mix
- 2 cups whipped cream softened
- 6 cups water cold

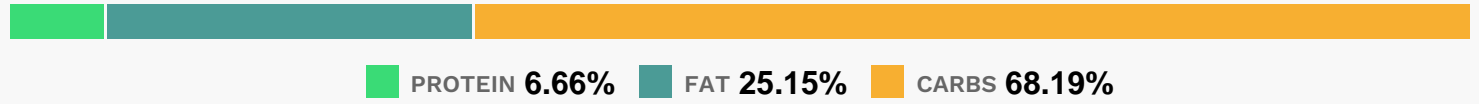
Equipment

- bowl

Directions

- Add water to combined drink mixes in punch bowl; stir until mixes are dissolved.
- Add ice cream; stir until blended.
- Stir in carbonated beverage.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:1.861304341451%

Nutrients (% of daily need)

Calories: 100.93kcal (5.05%), Fat: 2.84g (4.38%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 17.2g (6.26%), Sugar: 15.18g (16.86%), Cholesterol: 10.47mg (3.49%), Sodium: 55.34mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.51mg (3.84%), Protein: 1.7g (3.39%), Vitamin B2: 0.11mg (6.34%), Calcium: 49.91mg (4.99%), Phosphorus: 44.27mg (4.43%), Vitamin B1: 0.04mg (2.71%), Magnesium: 10.66mg (2.67%), Potassium: 89.77mg (2.56%), Vitamin B12: 0.13µg (2.17%), Selenium: 1.42µg (2.02%), Vitamin A: 99.85IU (2%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.04mg (1.8%), Copper: 0.04mg (1.75%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.22mg (1.48%)