



## Quick and Easy Witches' Brew



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

## Ingredients



2 liter diet lemon-lime carbonated beverage



1 quart lime sherbet

## Equipment



bowl

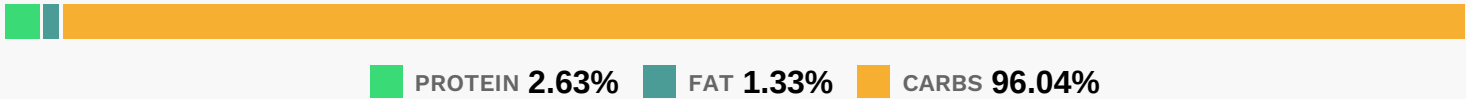


microwave

## Directions

- ☐
- Place sherbet in a microwave–safe bowl; heat in microwave until slightly melted, about 10 seconds.
- ☐
- Stir lemon–lime beverage, about 1/2 cup at a time, into sherbet until punch is the texture of a milkshake.
- ☐
- Pour punch into a large punch bowl. Slowly stir the remaining lemon–lime beverage into punch.

## Nutrition Facts



### Properties

Glycemic Index:3.2, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:3.26478266716%

### Flavonoids

Hesperetin: 40.69mg, Hesperetin: 40.69mg, Hesperetin: 40.69mg, Hesperetin: 40.69mg Naringenin: 3.22mg, Naringenin: 3.22mg, Naringenin: 3.22mg, Naringenin: 3.22mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

### Nutrients (% of daily need)

Calories: 110.19kcal (5.51%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 28.08g (10.21%), Sugar: 21.93g (24.37%), Cholesterol: 0mg (0%), Sodium: 21.84mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.93mg (9.98%), Protein: 0.84g (1.68%), Vitamin C: 27.54mg (33.38%), Fiber: 2.65g (10.6%), Calcium: 35.22mg (3.52%), Iron: 0.61mg (3.38%), Copper: 0.06mg (3.08%), Potassium: 98.52mg (2.81%), Vitamin B5: 0.21mg (2.05%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.67mg (1.92%), Folate: 7.57µg (1.89%), Vitamin B1: 0.03mg (1.89%), Phosphorus: 17.03mg (1.7%), Vitamin E: 0.21mg (1.39%), Vitamin B2: 0.02mg (1.11%), Vitamin B3: 0.22mg (1.1%)