



Rainbow Punch



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



24

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients



6 cups ice cubes crushed



4 liters lemon-lime carbonated beverage flavored



2 pints rainbow sherbet

Equipment

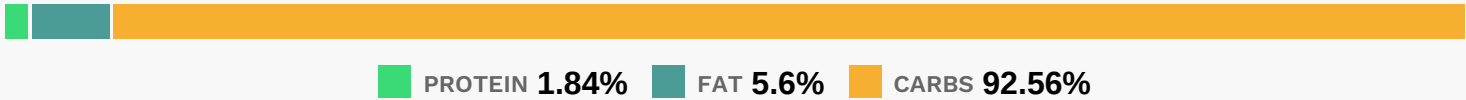


bowl

Directions

- ☐ In a large punch bowl, pour in the lemon–lime soda. Slide in the sherbet.
- ☐ Add crushed ice.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:0.87000000209588%

Nutrients (% of daily need)

Calories: 124.94kcal (6.25%), Fat: 0.79g (1.21%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 28.8g (10.47%), Sugar: 26.52g (29.47%), Cholesterol: 0.39mg (0.13%), Sodium: 37.72mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.94mg (8.31%), Protein: 0.58g (1.17%), Calcium: 26.39mg (2.64%), Vitamin B2: 0.04mg (2.25%), Fiber: 0.51g (2.05%), Phosphorus: 15.77mg (1.58%), Zinc: 0.21mg (1.41%), Magnesium: 5.41mg (1.35%), Potassium: 39.52mg (1.13%), Vitamin C: 0.91mg (1.1%), Copper: 0.02mg (1.03%)