



Raspberry Cream Soda Float

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 8 servings raspberries fresh for garnish
- ☐ 2 cups raspberries homemade
- ☐ 6 cups seltzer water
- ☐ 2 tbsp sugar
- ☐ 8 servings whipped cream

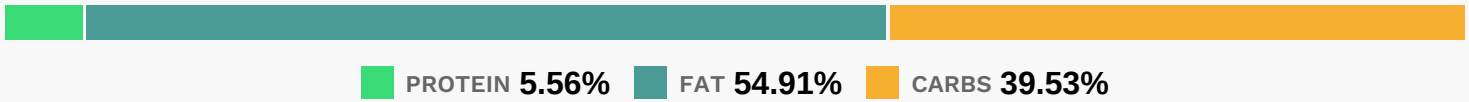
Equipment

- ☐ hand mixer

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Raspberry Cream Soda Float
- ☐ Ingredients1 cup heavy whipping cream2 tbsp sugar2 cups homemade raspberry syrup6 cups soda water or seltzer
- ☐ Vanilla ice cream
- ☐ Fresh raspberries for garnish
- ☐ You will also need
- ☐ Electric mixer, 8 tall chilled glasses
- ☐ Total Time: 15 Minutes
- ☐ Servings: 8 floats
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:12.58, Inflammation Score:-6, Nutrition Score:9.8595652787582%

Flavonoids

Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 296.12kcal (14.81%), Fat: 18.59g (28.61%), Saturated Fat: 11.34g (70.88%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 23.81g (8.66%), Sugar: 21.83g (24.26%), Cholesterol: 62.66mg (20.89%), Sodium: 99.03mg (4.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Manganese: 0.61mg (30.52%), Vitamin C: 24.15mg (29.28%), Fiber: 6.31g (25.25%), Vitamin A: 744.89IU (14.9%), Vitamin B2: 0.25mg (14.65%), Calcium: 135.52mg (13.55%), Phosphorus: 112.65mg (11.27%), Potassium: 299.11mg (8.55%), Vitamin E: 1.25mg (8.36%), Magnesium: 32.9mg (8.22%), Vitamin K: 8.17µg (7.78%), Vitamin B5: 0.76mg (7.55%), Zinc: 1.08mg (7.22%), Folate: 23.39µg (5.85%), Copper: 0.11mg (5.52%), Vitamin B12: 0.31µg (5.08%), Vitamin B6: 0.09mg (4.58%), Vitamin B1: 0.06mg (4.12%), Vitamin D: 0.61µg (4.05%), Iron: 0.73mg (4.05%), Selenium: 2.28µg (3.25%), Vitamin B3: 0.63mg (3.17%)