



Raspberry Frost Sodas

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



24

CALORIES



310 kcal

BEVERAGE

DRINK

Ingredients

- 64 ounces cranberry juice cocktail chilled
- 1 gallon pineapple sherbet
- 3 liter ginger ale chilled

Equipment

Directions

- Pour 1/4 cup cranberry juice in each of 24 short, wide glasses.

Place 1 scoop (about 1/2 cup) sherbet in each glass. Fill with ginger ale.

Nutrition Facts

PROTEIN 2.22% **FAT 9.31%** **CARBS 88.47%**

Properties

Glycemic Index:7.25, Glycemic Load:36.41, Inflammation Score:-2, Nutrition Score:5.2773913041405%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 310.34kcal (15.52%), Fat: 3.23g (4.97%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 69.08g (23.03%), Net Carbohydrates: 67.03g (24.37%), Sugar: 58.42g (64.91%), Cholesterol: 1.58mg (0.53%), Sodium: 82.79mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin C: 35.61mg (43.16%), Calcium: 91.18mg (9.12%), Vitamin B2: 0.15mg (9%), Fiber: 2.05g (8.2%), Phosphorus: 63.85mg (6.38%), Zinc: 0.84mg (5.61%), Potassium: 163.25mg (4.66%), Vitamin B5: 0.39mg (3.93%), Selenium: 2.64µg (3.77%), Copper: 0.07mg (3.71%), Magnesium: 14.62mg (3.66%), Manganese: 0.07mg (3.49%), Vitamin B12: 0.2µg (3.42%), Iron: 0.52mg (2.89%), Vitamin B1: 0.04mg (2.84%), Vitamin B6: 0.04mg (1.81%), Folate: 6.31µg (1.58%), Vitamin A: 78.6IU (1.57%), Vitamin E: 0.18mg (1.21%)