



Raspberry Ice Cream Sodas

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



604 kcal

DESSERT

Ingredients

- 1.3 cups club soda chilled
- 2 tablespoons cornstarch
- 0.3 cup granulated sugar
- 0.5 cup orange juice
- 1 cup raspberries fresh
- 10 ounces raspberries frozen thawed
- 0.3 cup raspberry jam
- 1 pint raspberry sherbet

1 pint whipped cream

Equipment

bowl

sauce pan

whisk

sieve

ice cream scoop

drinking straws

Directions

Special equipment: 4 ice cream soda glasses, drinking straws and sundae spoons

Using an ice cream scoop, put 1/2 cup of sherbet into each glass. Scoop 1/2 cup of vanilla ice cream on top of the sherbet.

Pour 1/3 cup club soda on top of the ice cream.

Drizzle each glass with 2 tablespoons of raspberry syrup and garnish with fresh raspberries.

Serve immediately with straws and sundae spoons.

In a small saucepan, whisk together the orange juice and cornstarch until smooth.

Add the raspberries, raspberry jam and sugar. Bring the mixture to a boil over medium-low heat, stirring frequently. Reduce the heat to medium-low and simmer for 5 minutes.

Pour the mixture through a fine-mesh sieve into a small bowl, pressing on the solids with a wooded spoon to extract as much liquid as possible. Cool the syrup for 30 minutes.

Nutrition Facts



PROTEIN 4.54% **FAT 23.73%** **CARBS 71.73%**

Properties

Glycemic Index:85.27, Glycemic Load:53.79, Inflammation Score:-7, Nutrition Score:15.521739197814%

Flavonoids

Cyanidin: 46.17mg, Cyanidin: 46.17mg, Cyanidin: 46.17mg, Cyanidin: 46.17mg Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 1.33mg, Delphinidin: 1.33mg, Delphinidin: 1.33mg, Delphinidin: 1.33mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 604.06kcal (30.2%), Fat: 16.15g (24.85%), Saturated Fat: 9.43g (58.96%), Carbohydrates: 109.85g (36.62%), Net Carbohydrates: 100.59g (36.58%), Sugar: 83.67g (92.96%), Cholesterol: 53.23mg (17.74%), Sodium: 174.22mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin C: 47.23mg (57.25%), Fiber: 9.25g (37.02%), Manganese: 0.71mg (35.73%), Vitamin B2: 0.46mg (27.34%), Calcium: 252.32mg (25.23%), Phosphorus: 210.61mg (21.06%), Potassium: 581.6mg (16.62%), Vitamin B5: 1.35mg (13.47%), Magnesium: 53.39mg (13.35%), Vitamin A: 647.72IU (12.95%), Zinc: 1.92mg (12.79%), Folate: 43.47µg (10.87%), Vitamin B12: 0.62µg (10.25%), Copper: 0.19mg (9.68%), Vitamin B1: 0.14mg (9.6%), Vitamin E: 1.28mg (8.55%), Vitamin K: 8.25µg (7.86%), Vitamin B6: 0.16mg (7.81%), Selenium: 4.75µg (6.78%), Iron: 1.17mg (6.48%), Vitamin B3: 0.95mg (4.73%), Vitamin D: 0.24µg (1.58%)