



## Raspberry Punch

 **Gluten Free**  **Dairy Free**

READY IN



**130 min.**

SERVINGS



**32**

CALORIES



**132 kcal**

BEVERAGE

DRINK

### Ingredients

- 2 liter ginger ale
- 46 fluid ounce pineapple juice canned
- 0.5 gallon raspberry sherbet

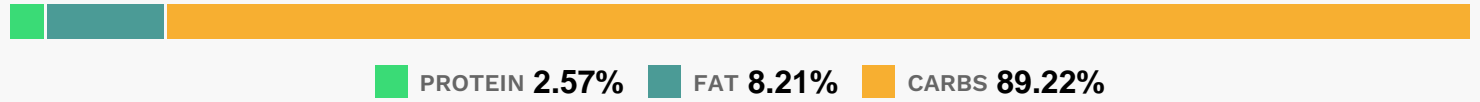
### Equipment

- bowl

### Directions

- Pour pineapple juice into ice cube trays; freeze until solid, at least 2 hours.
- Place pineapple cubes in a large punch bowl; add sherbet.
- Pour ginger ale slowly over pineapple cubes and sherbet and stir.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:12.22, Inflammation Score:-1, Nutrition Score:2.2034782770535%

## Nutrients (% of daily need)

Calories: 131.87kcal (6.59%), Fat: 1.23g (1.89%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.73g (10.45%), Sugar: 25.98g (28.87%), Cholesterol: 0.59mg (0.2%), Sodium: 32mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin C: 5.36mg (6.49%), Fiber: 1.32g (5.29%), Calcium: 40.61mg (4.06%), Vitamin B1: 0.06mg (3.96%), Vitamin B2: 0.07mg (3.9%), Copper: 0.07mg (3.66%), Potassium: 110.11mg (3.15%), Magnesium: 11.73mg (2.93%), Phosphorus: 26.63mg (2.66%), Zinc: 0.36mg (2.38%), Vitamin B6: 0.05mg (2.27%), Iron: 0.31mg (1.74%), Selenium: 1.12µg (1.6%), Vitamin B5: 0.13mg (1.32%), Vitamin B12: 0.08µg (1.28%), Folate: 4.49µg (1.12%)