



Shrub

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- 1.5 quarts cranberry juice cocktail chilled
- 1.5 quarts ginger ale chilled
- 2 cups raspberries fresh
- 1 pint raspberry sherbet

Equipment

- bowl

Directions

- Combine first 3 ingredients in a punch bowl. Drop sherbet by scoops into punch.
- Serve immediately.

Nutrition Facts



■ PROTEIN 1.54% ■ FAT 5.34% ■ CARBS 93.12%

Properties

Glycemic Index:25, Glycemic Load:33.36, Inflammation Score:-4, Nutrition Score:7.9143478559411%

Flavonoids

Cyanidin: 14.39mg, Cyanidin: 14.39mg, Cyanidin: 14.39mg, Cyanidin: 14.39mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 256.92kcal (12.85%), Fat: 1.56g (2.39%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 58.33g (21.21%), Sugar: 52.61g (58.45%), Cholesterol: 0.59mg (0.2%), Sodium: 43.48mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 84.28mg (102.16%), Manganese: 0.32mg (15.79%), Fiber: 2.72g (10.88%), Calcium: 50.09mg (5.01%), Copper: 0.09mg (4.66%), Vitamin E: 0.66mg (4.38%), Iron: 0.79mg (4.37%), Vitamin B2: 0.07mg (4.05%), Vitamin K: 4.11µg (3.92%), Magnesium: 14.88mg (3.72%), Zinc: 0.55mg (3.68%), Potassium: 128.7mg (3.68%), Phosphorus: 34.13mg (3.41%), Vitamin B5: 0.32mg (3.23%), Folate: 8.67µg (2.17%), Selenium: 1.48µg (2.11%), Vitamin B1: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.51%), Vitamin B3: 0.29mg (1.45%), Vitamin B12: 0.08µg (1.28%), Vitamin A: 51.3IU (1.03%)