

Soda Pop Ice Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



97 kcal

Ingredients

- 12 fluid ounce cola-flavored carbonated beverage canned
- 1.5 cups snow

Equipment

- bowl

Directions

- In a medium bowl, stir together snow and cola.
- Serve immediately.

Nutrition Facts

PROTEIN 8.69% FAT 1.64% CARBS 89.67%

Properties

Glycemic Index:31.5, Glycemic Load:10.69, Inflammation Score:-6, Nutrition Score:7.4247826337814%

Nutrients (% of daily need)

Calories: 96.52kcal (4.83%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 20.6g (7.49%), Sugar: 18.85g (20.95%), Cholesterol: 0mg (0%), Sodium: 10.04mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.19mg (4.73%), Protein: 2.18g (4.36%), Vitamin C: 44.1mg (53.45%), Vitamin K: 18.38µg (17.5%), Vitamin A: 798.95IU (15.98%), Iron: 1.72mg (9.58%), Manganese: 0.18mg (9.14%), Folate: 30.87µg (7.72%), Fiber: 1.91g (7.64%), Vitamin B1: 0.11mg (7.35%), Vitamin B6: 0.12mg (5.88%), Phosphorus: 56.7mg (5.67%), Vitamin B5: 0.55mg (5.51%), Magnesium: 17.64mg (4.41%), Potassium: 150.55mg (4.3%), Calcium: 35.15mg (3.52%), Vitamin B2: 0.06mg (3.46%), Copper: 0.06mg (2.99%), Vitamin B3: 0.44mg (2.21%), Vitamin E: 0.29mg (1.91%), Zinc: 0.23mg (1.56%)