



Starry Ice Beverage Cooler



Vegetarian



Gluten Free

READY IN



1460 min.

SERVINGS



1

CALORIES



1205 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter sports drink soft
- ☐ 1 serving cranberries
- ☐ 1 serving ice cubes
- ☐ 1 serving lemon zest cut into star shapes
- ☐ 0.5 gallon milk
- ☐ 1 serving thyme sprigs fresh such as thyme or rosemary
- ☐ 1 serving water

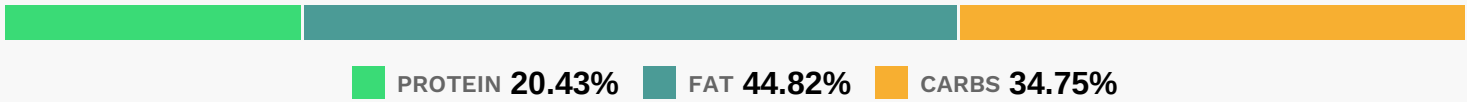
Equipment

☐ funnel

Directions

- ☐ Open milk carton completely at top; wash inside. Wash plastic bottle inside and out; remove any labels.
- ☐ Place plastic bottle in center of milk carton. Fill milk carton with ice cubes.
- ☐ Arrange lemon peel, cranberries and herbs among ice cubes toward sides of milk carton. Tape top of bottle to milk carton to keep it from floating. Fill milk carton with water (do not fill bottle).
- ☐ Freeze about 24 hours or until firm. Peel off milk carton. To use, place beverage cooler in deep tray. Fill bottle with beverage, using a funnel.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:33.67, Inflammation Score:-10, Nutrition Score:45.906956420968%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1204.89kcal (60.24%), Fat: 60.59g (93.21%), Saturated Fat: 35.21g (220.06%), Carbohydrates: 105.69g (35.23%), Net Carbohydrates: 105.49g (38.36%), Sugar: 91.09g (101.21%), Cholesterol: 227.12mg (75.71%), Sodium: 988.18mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.14g (124.29%), Calcium: 3018.2mg (301.82%), Phosphorus: 1912.83mg (191.28%), Vitamin B12: 10.22µg (170.34%), Vitamin B2: 2.62mg (153.94%), Vitamin D: 20.82µg (138.8%), Potassium: 2846.27mg (81.32%), Magnesium: 299.34mg (74.84%), Vitamin B1: 1.06mg (70.71%), Vitamin B5: 7.07mg (70.67%), Vitamin A: 3114.39IU (62.29%), Vitamin B6: 1.16mg (57.95%), Zinc: 7.81mg (52.06%), Selenium: 35.96µg (51.38%), Vitamin B3: 2.01mg (10.04%), Vitamin E: 0.96mg (6.4%), Vitamin K: 5.73µg

(5.46%), Manganese: 0.1mg (4.82%), Copper: 0.07mg (3.6%), Vitamin C: 2mg (2.42%)