



Strawberry-Raspberry Soda



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



302 kcal

BEVERAGE

DRINK

Ingredients



0.8 cup club soda chilled



2 teaspoons raspberry vinegar



0.3 cup strawberries thick sliced ()



1 cup strawberry-sour cream ice cream firm



2 teaspoons sugar

Equipment

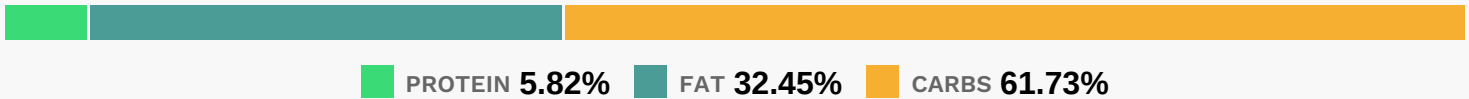


drinking straws

Directions

- ☐ In a tall glass (at least 16 oz.), layer scoops of ice cream and strawberries. In a 1-cup measure, mix sugar and raspberry vinegar until sugar is dissolved.
- ☐ Add chilled club soda.
- ☐ Pour mixture over ice cream in glass.
- ☐ Serve with a spoon and straw.

Nutrition Facts



Properties

Glycemic Index:150.09, Glycemic Load:6.71, Inflammation Score:-5, Nutrition Score:8.7191304408986%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 301.7kcal (15.08%), Fat: 11.26g (17.32%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 46.03g (16.74%), Sugar: 10.37g (11.52%), Cholesterol: 38.28mg (12.76%), Sodium: 117.52mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin C: 38.39mg (46.53%), Vitamin B2: 0.35mg (20.51%), Calcium: 175.73mg (17.57%), Manganese: 0.32mg (15.76%), Phosphorus: 144.32mg (14.43%), Vitamin B5: 1.01mg (10.1%), Potassium: 332.61mg (9.5%), Fiber: 2.15g (8.59%), Vitamin A: 428.16IU (8.56%), Folate: 27.36µg (6.84%), Magnesium: 26.99mg (6.75%), Vitamin B12: 0.4µg (6.6%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.7mg (4.65%), Vitamin B6: 0.09mg (4.43%), Copper: 0.08mg (4.19%), Selenium: 2.76µg (3.94%), Iron: 0.52mg (2.87%), Vitamin B3: 0.41mg (2.05%), Vitamin K: 1.06µg (1.01%)