

Two Minute Party Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



36

CALORIES



45 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 liter strawberry soda flavored
- ☐ 4 liter ginger ale
- ☐ 2 cups lemon sherbet
- ☐ 16 ounce strawberries frozen sliced

Equipment

- ☐ bowl

Directions

 Pour the ginger ale and strawberry soda into a punch bowl. Scoop the lemon sherbet into the punch bowl, and stir in the sliced strawberries.

Nutrition Facts



 **PROTEIN 1.76%**  **FAT 1.35%**  **CARBS 96.89%**

Properties

Glycemic Index:3.57, Glycemic Load:6.6, Inflammation Score:-1, Nutrition Score:1.5556521474019%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.13mg, Pelargonidin: 3.13mg, Pelargonidin: 3.13mg, Pelargonidin: 3.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 45.13kcal (2.26%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 11.19g (4.07%), Sugar: 10.77g (11.97%), Cholesterol: 0mg (0%), Sodium: 31.45mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 13.65mg (16.55%), Manganese: 0.07mg (3.38%), Fiber: 0.58g (2.33%), Iron: 0.33mg (1.85%), Copper: 0.04mg (1.85%), Calcium: 13.96mg (1.4%), Zinc: 0.19mg (1.27%), Magnesium: 4.8mg (1.2%), Potassium: 38.86mg (1.11%), Folate: 4.32µg (1.08%)