



Witches' Brew



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



16

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 liter ginger ale



1 quart lime softened



12 oz limeade more frozen thawed

Equipment

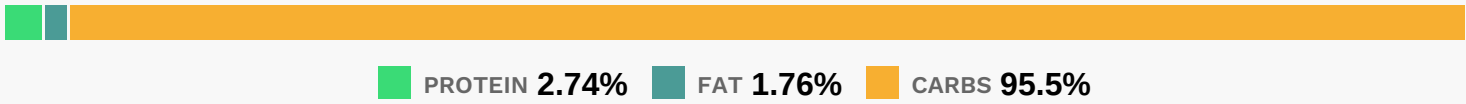


bowl

Directions

- ☐
- In punch bowl, mix sherbet, limeade and ginger ale.
- ☐
- Pour into glasses.
- ☐
- Garnish each glass with candy and lime slices.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:2.0978260960268%

Flavonoids

Hesperetin: 25.43mg, Hesperetin: 25.43mg, Hesperetin: 25.43mg, Hesperetin: 25.43mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 49.73kcal (2.49%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 12.8g (4.65%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 6.9mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin C: 17.21mg (20.86%), Fiber: 1.66g (6.62%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.48%), Calcium: 21.39mg (2.14%), Potassium: 60.95mg (1.74%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.18%), Folate: 4.73µg (1.18%), Phosphorus: 10.65mg (1.06%), Magnesium: 4.17mg (1.04%)