



Witches' Brew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce cherry gelatin
- 1 lemon lime soda chilled
- 0.8 cup lemonade concentrate frozen
- 48 ounce pineapple rings canned
- 2 cups sugar
- 4 cups water boiling
- 4.5 cups water cold

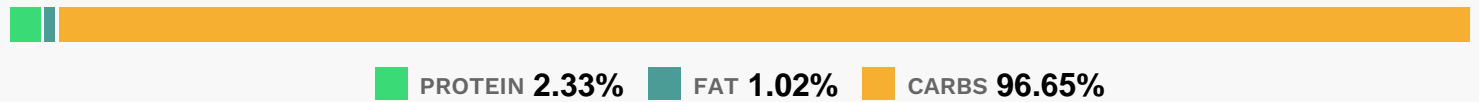
Equipment

bowl

Directions

- Stir gelatin mix and sugar into boiling water until completely dissolved.
- Add lemonade and pineapple juice; mix well. Blend in cold water.
- Pour mixture into gallon-size plastic freezer bags; freeze overnight.
- Remove bags from the freezer 2 hours before serving; knead slightly while in bag.
- Place mixture in a punch bowl, adding desired amount of soda.
- To make the floating hand, rinse out a disposable plastic glove. Fill with water that has been colored with green food coloring. Freeze until firm.
- Remove glove by running cold water over the glove.
- Cut away some of the plastic glove and gently remove hand. Float ice hand in punch bowl.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:6.21, Inflammation Score:-1, Nutrition Score:0.8165217390203%

Nutrients (% of daily need)

Calories: 74.51kcal (3.73%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.54g (6.74%), Sugar: 18.19g (20.21%), Cholesterol: 0mg (0%), Sodium: 20.52mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 3.36mg (4.07%), Copper: 0.05mg (2.26%), Vitamin B1: 0.03mg (2.12%), Fiber: 0.4g (1.62%), Magnesium: 5.33mg (1.33%), Vitamin B6: 0.02mg (1.18%), Potassium: 40.78mg (1.17%)