



Yummy Pink Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



24

CALORIES



284 kcal

BEVERAGE

DRINK

Ingredients



4 liters cranberry ginger ale



1 gallon raspberry sherbet

Equipment

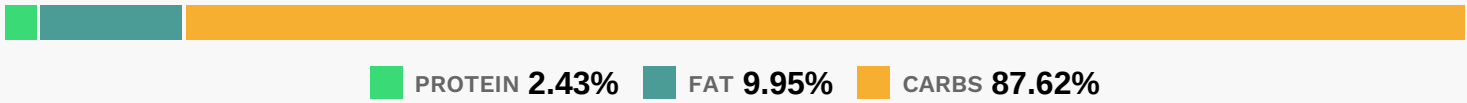


bowl

Directions

- ☐
- In a large punch bowl, pour 2 liters chilled cranberry ginger ale. Next scoop raspberry sherbet into bowl. Then pour the other 2 liters of chilled cranberry ginger ale over sherbet.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:32.58, Inflammation Score:-1, Nutrition Score:3.3856521786555%

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 3.15g (4.85%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 62.51g (20.84%), Net Carbohydrates: 60.46g (21.99%), Sugar: 53.12g (59.03%), Cholesterol: 1.58mg (0.53%), Sodium: 84.19mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Calcium: 90.16mg (9.02%), Vitamin B2: 0.15mg (9%), Fiber: 2.05g (8.2%), Phosphorus: 63.09mg (6.31%), Zinc: 0.84mg (5.6%), Vitamin C: 3.63mg (4.4%), Potassium: 153.08mg (4.37%), Copper: 0.07mg (3.7%), Selenium: 2.53µg (3.62%), Magnesium: 14.28mg (3.57%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.2µg (3.42%), Iron: 0.52mg (2.89%), Vitamin B1: 0.04mg (2.84%), Manganese: 0.04mg (1.95%), Vitamin B6: 0.04mg (1.81%), Folate: 6.31µg (1.58%), Vitamin A: 72.55IU (1.45%)