



## Banana Daiquiri Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



315 min.

SERVINGS



1

CALORIES



1606 kcal

### Ingredients

- 2 banana ripe peeled
- 4 cups lemon lime soda chilled flavored
- 1.5 cups rum light
- 12 oz limeade concentrate frozen thawed canned

### Equipment

- blender

### Directions

- In blender container, combine bananas and limeade concentrate. Cover; blend until smooth.
- In large nonmetal freezer container, combine banana mixture, rum and 2 cups of the carbonated beverage; mix well. Cover container; freeze at least 5 hours or until frozen.
- Twenty to 30 minutes before serving time, remove mixture from freezer. To serve, add remaining 2 cups carbonated beverage to banana mixture; stir until slushy. Spoon into glasses.
- Garnish as desired.

## Nutrition Facts

■ PROTEIN **1.68%**
■ FAT **0.86%**
■ CARBS **97.46%**

### Properties

Glycemic Index:69.78, Glycemic Load:26.11, Inflammation Score:-9, Nutrition Score:12.213043326917%

### Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

### Nutrients (% of daily need)

Calories: 1605.58kcal (80.28%), Fat: 0.78g (1.2%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 199.09g (66.36%), Net Carbohydrates: 192.95g (70.16%), Sugar: 170.13g (189.03%), Cholesterol: 0mg (0%), Sodium: 110.57mg (4.81%), Alcohol: 120.24g (100%), Alcohol %: 8.11% (100%), Caffeine: 141.6mg (47.2%), Protein: 3.42g (6.84%), Vitamin B6: 0.88mg (44.17%), Vitamin C: 31.08mg (37.67%), Manganese: 0.71mg (35.27%), Potassium: 895.54mg (25.59%), Fiber: 6.14g (24.54%), Magnesium: 79.96mg (19.99%), Copper: 0.31mg (15.71%), Folate: 50.6µg (12.65%), Vitamin B2: 0.2mg (11.58%), Vitamin B3: 1.79mg (8.94%), Vitamin B5: 0.83mg (8.29%), Phosphorus: 69.72mg (6.97%), Vitamin B1: 0.1mg (6.77%), Iron: 0.95mg (5.26%), Zinc: 0.63mg (4.18%), Selenium: 2.7µg (3.86%), Calcium: 37.48mg (3.75%), Vitamin A: 151.04IU (3.02%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.18µg (1.12%)