



Banana Daiquiri Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



315 min.

SERVINGS



3

CALORIES



523 kcal

Ingredients



2 banana ripe peeled



12 oz limeade concentrate frozen thawed canned



1.5 cups rum light



4 cups coca-cola chilled flavored

Equipment

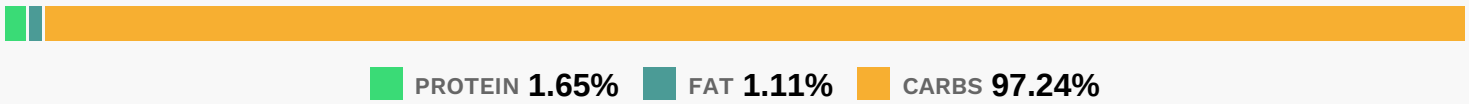


blender

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



Properties

Glycemic Index:44.26, Glycemic Load:27.66, Inflammation Score:-5, Nutrition Score:4.2847826066224%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 522.61kcal (26.13%), Fat: 0.32g (0.5%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 61.61g (22.4%), Sugar: 52.87g (58.75%), Cholesterol: 0mg (0%), Sodium: 17.98mg (0.78%), Alcohol: 40.08g (100%), Alcohol %: 8.11% (100%), Caffeine: 25.17mg (8.39%), Protein: 1.08g (2.16%), Vitamin B6: 0.29mg (14.72%), Vitamin C: 10.36mg (12.56%), Manganese: 0.24mg (12.07%), Potassium: 301.66mg (8.62%), Fiber: 2.05g (8.18%), Magnesium: 23.51mg (5.88%), Phosphorus: 54.71mg (5.47%), Copper: 0.11mg (5.39%), Folate: 16.87µg (4.22%), Vitamin B2: 0.07mg (3.86%), Iron: 0.6mg (3.33%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.03mg (2.26%), Selenium: 1.21µg (1.74%), Zinc: 0.24mg (1.6%), Calcium: 12.49mg (1.25%), Vitamin A: 50.35IU (1.01%)