



Banana Slush Punch



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



54

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 bananas ripe
- ☐ 3 liters ginger ale
- ☐ 12 fluid ounce lemonade concentrate frozen canned
- ☐ 24 fluid ounce orange juice concentrate frozen canned
- ☐ 46 fluid ounce pineapple juice canned
- ☐ 3 cups water
- ☐ 2 cups sugar white

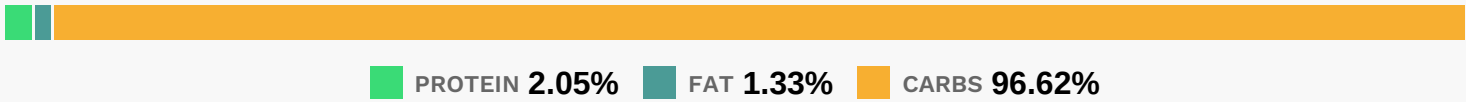
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, combine bananas, sugar and 3 cups water. Blend until smooth.
- ☐ Pour into a large bowl and stir in pineapple juice. Blend in orange juice concentrate, lemonade concentrate and 3 cups water. Divide into 3 plastic containers and freeze until solid.
- ☐ Remove from freezer 3 to 4 hours before serving. Using one portion at a time, place slush in a punch bowl and pour in 1 liter of ginger ale for each.

Nutrition Facts



Properties

Glycemic Index:3.48, Glycemic Load:9.2, Inflammation Score:-2, Nutrition Score:2.8969565461511%

Flavonoids

Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.58kcal (5.13%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.34g (9.22%), Sugar: 23.81g (26.46%), Cholesterol: 0mg (0%), Sodium: 6.33mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin C: 23.05mg (27.93%), Vitamin B1: 0.07mg (4.39%), Vitamin B6: 0.09mg (4.32%), Potassium: 150.62mg (4.3%), Folate: 13.59µg (3.4%), Magnesium: 11.88mg (2.97%), Fiber: 0.71g (2.82%), Copper: 0.05mg (2.75%), Vitamin B2: 0.04mg (2.12%), Manganese: 0.04mg (1.91%), Vitamin B3: 0.28mg (1.4%), Iron: 0.25mg (1.37%), Vitamin A: 68IU (1.36%), Phosphorus: 12.16mg (1.22%), Calcium: 12.05mg (1.21%), Vitamin B5: 0.11mg (1.1%)