



## Bourbon-Cherry Slushie



Vegetarian



Vegan

READY IN



130 min.

SERVINGS



8

CALORIES



301 kcal

### Ingredients

- ☐ 2 cups bourbon
- ☐ 1 cup cherry juice
- ☐ 8 servings ice cubes
- ☐ 1 slices lemon and orange
- ☐ 12 ounce lemonade concentrate frozen thawed canned
- ☐ 1 Sprigs mint leaves fresh
- ☐ 12 ounce orange juice concentrate frozen thawed canned
- ☐ 1 cup water

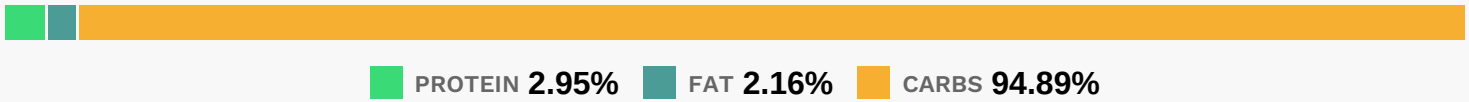
### Equipment

- ☐ bowl
- ☐ blender

## Directions

- ☐ Stir together the water, orange and lemon juice concentrate, cherry juice and bourbon in a large bowl or pitcher. Cover and place in the refrigerator until very cold, at least 2 hours.
- ☐ Place some of the mixture into a blender with ice and blend until slushie.
- ☐ Pour into large margarita glasses, garnish with lemon or orange slices and sprig of mint. Repeat with remaining mixture

## Nutrition Facts



## Properties

Glycemic Index:5.06, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:6.6230434302403%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 301.15kcal (15.06%), Fat: 0.41g (0.63%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 39.63g (14.41%), Sugar: 34.52g (38.36%), Cholesterol: 0mg (0%), Sodium: 13.34mg (0.58%), Alcohol: 20.04g (100%), Alcohol %: 9.73% (100%), Protein: 1.25g (2.5%), Vitamin C: 67.73mg (82.1%), Potassium: 351.6mg (10.05%), Folate: 35.96µg (8.99%), Vitamin B1: 0.13mg (8.63%), Vitamin B6: 0.12mg (6.03%), Magnesium: 18.89mg (4.72%), Vitamin B2: 0.08mg (4.55%), Vitamin A: 166.67IU (3.33%), Phosphorus: 31.55mg (3.15%), Vitamin B5: 0.29mg (2.89%), Copper: 0.06mg (2.88%), Vitamin B3: 0.52mg (2.61%), Calcium: 24.68mg (2.47%), Fiber: 0.59g (2.35%), Iron: 0.39mg (2.17%), Vitamin E: 0.29mg (1.96%), Manganese: 0.04mg (1.92%)