Bourbon Slush

Vegetarian · Vegan · Gluten Free · Dairy Free · Popular

READY IN	SERVINGS	CALORIES
10 min.	14	349 kcal

DESSERT

Ingredients

- [ ] 2 liter lemon-lime carbonated beverage flavored
- [ ] 12 ounce lemonade concentrate frozen canned
- [ ] 6 ounce orange juice concentrate frozen canned
- [ ] 46 fluid ounce pineapple juice canned
- [ ] 2 cups strong tea black brewed
- [ ] 2 cups bourbon whiskey
- [ ] 1.5 cups sugar white

Equipment

- [ ] bowl
- [ ] whisk
- [ ] potato masher

Directions

- [ ] In a large bowl or container, mix together the orange juice concentrate, lemonade concentrate, pineapple juice, sugar, tea, and whiskey.
- [ ] Transfer to shallow bowls or dishes, and freeze overnight.
- [ ] Remove the frozen mixture from the freezer and let stand for about 10 minutes. Chop with a wire whisk or potato masher to make a slushy consistency.
- [ ] Place scoops of the frozen slush into glasses, and top off with the lemon-lime flavored soda.

Nutrition Facts

PROTEIN **1.39%** FAT **1.21%** CARBS **97.4%**

Properties

Glycemic Index:6.08, Glycemic Load:14.96, Inflammation Score:-5, Nutrition Score:4.4443477677262%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg, Epigallocatechin: 2.71mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3-gallate: 1.98mg, Epicatechin 3-gallate: 1.98mg, Epicatechin 3-gallate: 1.98mg, Epicatechin 3-gallate: 1.98mg Epigallocatechin 3-gallate: 3.16mg, Epigallocatechin 3-gallate: 3.16mg, Epigallocatechin 3-gallate: 3.16mg, Epigallocatechin 3-gallate: 3.16mg Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg Thearubigins: 27.41mg, Thearubigins: 27.41mg, Thearubigins: 27.41mg, Thearubigins: 27.41mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Theaflavin-3,3'-digallate: 0.59mg, Theaflavin-3,3'-digallate: 0.59mg, Theaflavin-3,3'-digallate: 0.59mg, Theaflavin-3,3'-digallate: 0.59mg Theaflavin-3'-gallate: 0.51mg, Theaflavin-3'-gallate: 0.51mg, Theaflavin-3'-gallate: 0.51mg, Theaflavin-3'-gallate: 0.51mg Gallocatechin: 0.42mg, Gallocatechin: 0.42mg, Gallocatechin: 0.42mg, Gallocatechin: 0.42mg

Nutrients (% of daily need)

Calories: 349.45kcal (17.47%), Fat: 0.38g (0.58%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 67.85g (22.62%), Net Carbohydrates: 66.39g (24.14%), Sugar: 64.22g (71.35%), Cholesterol: 0mg (0%), Sodium: 19mg (0.83%), Alcohol: 12.14g (100%), Alcohol %: 4.21% (100%), Caffeine: 28.12mg (9.37%), Protein: 0.97g (1.94%), Vitamin C:

29.93mg (36.28%), Vitamin B1: 0.14mg (9.34%), Potassium: 229.06mg (6.54%), Copper: 0.12mg (6.19%), Fiber: 1.46g (5.83%), Magnesium: 22.96mg (5.74%), Vitamin B6: 0.11mg (5.47%), Folate: 17.6µg (4.4%), Manganese: 0.09mg (4.32%), Vitamin B2: 0.05mg (2.99%), Calcium: 24.93mg (2.49%), Vitamin B3: 0.47mg (2.37%), Iron: 0.39mg (2.15%), Vitamin A: 94.63IU (1.89%), Phosphorus: 17.26mg (1.73%), Zinc: 0.16mg (1.04%)