

COOK BOOK

Bourbon Slush

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 16 ounce bourbon
- ☐ 4 cups ginger ale chilled to taste
- ☐ 5 cups ice crushed
- ☐ 2 cups water
- ☐ 12 ounce pink lemonade kool-aid frozen canned
- ☐ 16 servings mint leaves
- ☐ 6 ounce orange juice frozen canned
- ☐ 0.5 cup sugar

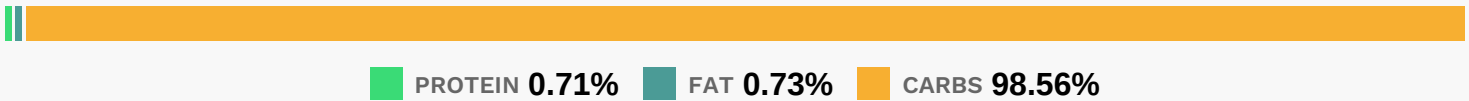
☐ 2 cups tea black hot boiling

Equipment

Directions

- ☐ At least 6 hours before serving, combine the tea and sugar in a 1-gallon plastic or glass container and stir until dissolved.
- ☐ Add the lemonade and orange juice and stir until thawed.
- ☐ Add the ice and water. Stir in the bourbon.
- ☐ Pour the mixture into several shallow plastic containers, cover tightly, and place them in the freezer. Break up the slush with a fork and stir about ever 2 hours to freeze the mixture evenly. (The slush can be made 3 to 4 days ahead.
- ☐ Transfer to a larger container and cover tightly; stir every 6 to 8 hours to keep the slush loose and evenly frozen.)
- ☐ To serve, give the slush one last shredding with a fork, then spoon it into tall or stemmed glasses and top off with ginger ale.
- ☐ Garnish each glass with a mint sprig.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:9.92, Inflammation Score:-4, Nutrition Score:1.0608695670962%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg
Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.14mg, Myricetin:
0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg,
Quercetin: 0.67mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate:
0.52mg, Theaflavin-3,3'-digallate: 0.52mg Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg,
Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg,
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Nutrients (% of daily need)

Calories: 126.17kcal (6.31%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 15.43g (5.14%), Net
Carbohydrates: 15.33g (5.57%), Sugar: 14.9g (16.55%), Cholesterol: 0mg (0%), Sodium: 12.3mg (0.53%), Alcohol:
9.47g (100%), Alcohol %: 4.62% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.11g (0.22%), Vitamin C: 5.63mg (6.83%),
Manganese: 0.09mg (4.54%), Copper: 0.04mg (2.22%), Folate: 5.8µg (1.45%), Vitamin A: 63.74IU (1.27%),
Potassium: 39.15mg (1.12%), Magnesium: 4.48mg (1.12%), Iron: 0.2mg (1.1%)