



Bourbon Slushies



Vegetarian



Vegan



Dairy Free

READY IN



550 min.

SERVINGS



10

CALORIES



282 kcal

Ingredients

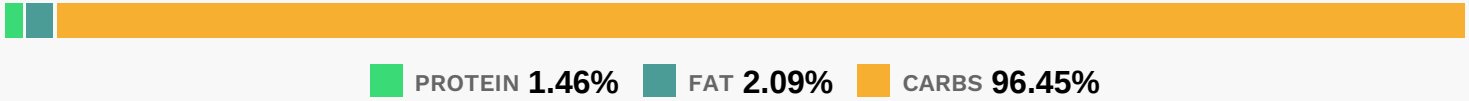
- ☐ 1.5 cups bourbon
- ☐ 0.3 cup maraschino cherry juice
- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 12 oz limeade concentrate frozen thawed canned
- ☐ 10 servings garnish: maraschino cherries
- ☐ 64 oz pineapple juice

Equipment

Directions

- ☐ Stir together first 4 ingredients and 1 cup water. Divide mixture into 2 (1-gal.) zip-top plastic freezer bags; seal and freeze 8 hours.
- ☐ Remove from freezer, and let stand 1 hour or until softened and beginning to melt. Using hands, squeeze bags until mixture is slushy. Spoon 2 cups mixture into each serving glass. Top each with 2 tsp. cherry juice. (Do not stir.)
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ *Lemon lime soft drink may be substituted for bourbon.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:6.2891303715499%

Nutrients (% of daily need)

Calories: 281.7kcal (14.08%), Fat: 0.48g (0.74%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 48.79g (17.74%), Sugar: 42g (46.66%), Cholesterol: 0mg (0%), Sodium: 7.83mg (0.34%), Alcohol: 12.02g (100%), Alcohol %: 5.14% (100%), Protein: 0.75g (1.5%), Manganese: 0.93mg (46.35%), Vitamin C: 23.65mg (28.67%), Vitamin B6: 0.19mg (9.53%), Folate: 35.38µg (8.85%), Copper: 0.16mg (7.91%), Vitamin B1: 0.11mg (7.66%), Potassium: 266.78mg (7.62%), Magnesium: 25.27mg (6.32%), Iron: 0.65mg (3.64%), Fiber: 0.81g (3.26%), Calcium: 32.54mg (3.25%), Vitamin B2: 0.04mg (2.39%), Vitamin B3: 0.41mg (2.03%), Phosphorus: 19mg (1.9%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.15mg (1.51%)