



Brandy Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



243 kcal

DESSERT

Ingredients

- 1.7 cups brandy
- 40 oz seltzer water chilled
- 12 oz lemonade concentrate frozen thawed canned
- 1 slices lime
- 0.3 cup juice of lime
- 12 oz orange juice concentrate frozen thawed canned
- 2 cups sugar
- 4 ginger tea bags

9 cups water boiling divided

Equipment

dutch oven

Directions

Pour 2 cups boiling water over tea bags; cover and let steep 5 minutes.

Remove and discard tea bags, squeezing gently.

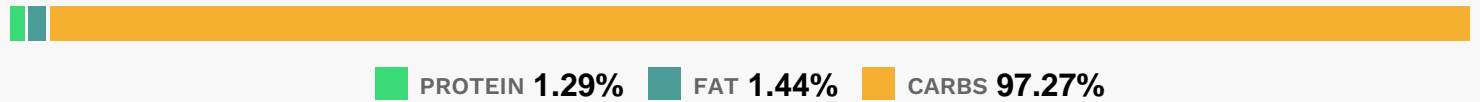
Stir together remaining 7 cups boiling water and 2 cups sugar in a Dutch oven, stirring until sugar is dissolved. Stir in tea mixture, orange juice concentrate, and next 3 ingredients.

Let cool to room temperature (about 30 minutes). Divide mixture between 2 (1-gal.) zip-top plastic freezer bags; freeze 4 hours.

Remove bags from freezer 30 minutes before serving. Squeeze 1 bag with hands to break mixture into chunks; pour into a pitcher, and stir in 2 bottles club soda until slushy. Repeat with remaining bag, if desired.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:18.63, Inflammation Score:-3, Nutrition Score:3.7078260818253%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 243.43kcal (12.17%), Fat: 0.3g (0.47%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 45.92g (16.7%), Sugar: 43.52g (48.35%), Cholesterol: 0mg (0%), Sodium: 26.77mg (1.16%), Alcohol: 8.91g (100%), Alcohol %: 3.51% (100%), Protein: 0.61g (1.23%), Vitamin C: 37.2mg (45.09%), Folate: 19.49µg (4.87%), Potassium: 166.76mg (4.76%), Vitamin B1: 0.07mg (4.64%), Vitamin B6: 0.07mg (3.28%), Magnesium: 12.05mg

(3.01%), Vitamin B2: 0.05mg (2.74%), Copper: 0.05mg (2.62%), Calcium: 19.23mg (1.92%), Vitamin A: 88.21IU (1.76%), Phosphorus: 17.14mg (1.71%), Vitamin B5: 0.16mg (1.59%), Vitamin B3: 0.28mg (1.41%), Fiber: 0.32g (1.3%), Vitamin E: 0.17mg (1.11%), Manganese: 0.02mg (1.06%), Zinc: 0.15mg (1.01%)