



## Brandy Slush II



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



35

CALORIES



139 kcal

DESSERT

### Ingredients

- 13 fluid ounces apricot brandy
- 24 fluid ounce lemonade concentrate frozen canned
- 24 fluid ounce orange juice concentrate frozen canned
- 4 tea bags
- 8 cups water
- 2 cups sugar white

### Equipment

- sauce pan

## Directions

- In a large saucepan, boil the water. Stir in sugar until dissolved.
- Add tea bags, and let sit overnight at room temperature.
- In a large freezer proof container, combine mixture with orange juice concentrate, lemonade concentrate and apricot brandy. Cover tightly, and freeze, stirring every few hours, until frozen.

## Nutrition Facts

 **PROTEIN 1.79%**  **FAT 1.74%**  **CARBS 96.47%**

## Properties

Glycemic Index:2.43, Glycemic Load:7.98, Inflammation Score:-2, Nutrition Score:3.0678261359749%

## Nutrients (% of daily need)

Calories: 139.12kcal (6.96%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 28.37g (10.32%), Sugar: 26.45g (29.39%), Cholesterol: 0mg (0%), Sodium: 5.77mg (0.25%), Alcohol: 3.67g (100%), Alcohol %: 3.96% (100%), Protein: 0.53g (1.06%), Vitamin C: 32.06mg (38.86%), Folate: 17.03µg (4.26%), Potassium: 142.59mg (4.07%), Vitamin B1: 0.06mg (4.03%), Vitamin B6: 0.06mg (2.84%), Magnesium: 9.06mg (2.26%), Vitamin B2: 0.04mg (2.24%), Vitamin A: 76.85IU (1.54%), Phosphorus: 14.23mg (1.42%), Vitamin B5: 0.14mg (1.37%), Copper: 0.03mg (1.32%), Vitamin B3: 0.24mg (1.22%), Calcium: 10.86mg (1.09%), Fiber: 0.26g (1.05%)