



Caroline's Famous Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



653 kcal

DESSERT

Ingredients

- 4 liters ginger ale soda
- 8 g freshly tea green
- 12 fluid ounce lemonade concentrate frozen thawed canned
- 12 fluid ounce orange juice concentrate frozen canned
- 2 cups vodka
- 9 cups water
- 2 cups sugar white

Equipment

bowl

pot

Directions

In a large pot, bring 7 cups water to boil.

Mix in the sugar, stir and cool.

In a small pot, bring 2 cups water to boil.

Remove from heat, add tea bags, and let them steep 10 to 15 minutes.

Let cool.

Remove tea bags from the tea, and pour the tea into the water and sugar mixture.

Mix in orange juice, lemonade, and vodka. Stir well to combine the ingredients.

Transfer the mixture to a freezer-safe bowl and place mixture in the freezer. Stir occasionally until you are ready to serve.

To serve: In a chilled glass, pour 2/3 cup of slush and 1/3 cup of ginger ale.

Nutrition Facts

PROTEIN 0.87% **FAT 0.98%** **CARBS 98.15%**

Properties

Glycemic Index:18.51, Glycemic Load:62.43, Inflammation Score:-5, Nutrition Score:7.6343478068061%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 653.27kcal (32.66%), Fat: 0.58g (0.89%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 131.24g (43.75%), Net Carbohydrates: 130.66g (47.51%), Sugar: 127.2g (141.33%), Cholesterol: 0mg (0%), Sodium: 55.56mg (2.42%), Alcohol: 20.04g (100%), Alcohol %: 2.63% (100%), Protein: 1.16g (2.32%), Vitamin C: 70.13mg (85%), Folate: 37.31µg (9.33%), Potassium: 317.89mg (9.08%), Vitamin B1: 0.13mg (8.92%), Copper: 0.17mg (8.69%), Magnesium: 26.31mg (6.58%), Vitamin B6: 0.12mg (6.21%), Iron: 1.12mg (6.2%), Vitamin B2: 0.09mg (5.38%), Manganese: 0.1mg (4.8%), Calcium: 43.41mg (4.34%), Vitamin A: 168.11IU (3.36%), Phosphorus: 33.17mg (3.32%), Vitamin B5: 0.3mg (3%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.37mg (2.47%), Fiber: 0.58g (2.31%), Vitamin E: 0.31mg (2.04%), Selenium: 1.15µg (1.65%)