



Citrus Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



20 kcal

Ingredients

- 12 cubes ice cubes
- 1 lime peeled chopped
- 1 cranberry-orange relish peeled chopped

Equipment

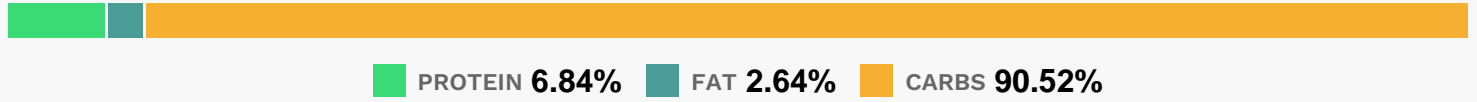
- blender

Directions

- In a blender combine orange, lime and ice cubes. Blend until smooth. refrigerate for 5 minutes.

Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:2.310434812113%

Flavonoids

Hesperetin: 16.13mg, Hesperetin: 16.13mg, Hesperetin: 16.13mg, Hesperetin: 16.13mg Naringenin: 5.59mg, Naringenin: 5.59mg, Naringenin: 5.59mg, Naringenin: 5.59mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 20.42kcal (1.02%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 2.43mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin C: 22.3mg (27.03%), Fiber: 1.25g (5.02%), Folate: 11.16µg (2.79%), Vitamin B1: 0.03mg (2.23%), Potassium: 76.36mg (2.18%), Calcium: 19.89mg (1.99%), Vitamin A: 82.06IU (1.64%), Copper: 0.03mg (1.62%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.7mg (1.17%)