

Cosmo Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



14

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 6 oz limeade concentrate frozen thawed () (from 12-oz can)
- ☐ 3 tablespoons powdered sugar
- ☐ 2 cups orange juice
- ☐ 1 cup orange juice orange-flavored
- ☐ 4 cups 1/4 cup dried cranberry (juice sweetened if possible) 100%

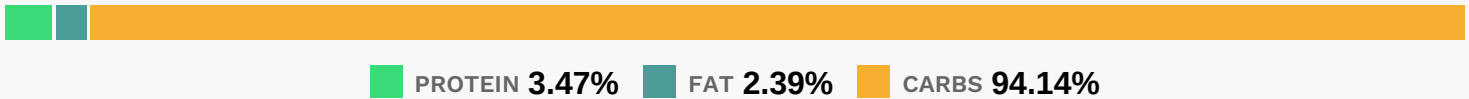
Equipment

- ☐ blender
- ☐ glass baking pan

Directions

- ☐ In blender, place limeade concentrate and powdered sugar. Cover and blend on high speed until well mixed.
- ☐ Add vodka and orange liqueur. Cover and blend until well mixed.
- ☐ In 13x9-inch glass baking dish, stir limeade mixture and cranberry juice until well mixed.
- ☐ Cover and freeze at least 8 hours until slushy. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:11.43, Glycemic Load:7.72, Inflammation Score:-3, Nutrition Score:3.7039130906696%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.35mg, Hesperetin: 6.35mg, Hesperetin: 6.35mg, Hesperetin: 6.35mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 70.15kcal (3.51%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 17.55g (6.38%), Sugar: 16.5g (18.33%), Cholesterol: 0mg (0%), Sodium: 2.38mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin C: 33.67mg (40.81%), Vitamin E: 0.89mg (5.92%), Potassium: 163.2mg (4.66%), Folate: 16.79µg (4.2%), Vitamin B1: 0.05mg (3.64%), Vitamin K: 3.74µg (3.56%), Copper: 0.07mg (3.26%), Vitamin B6: 0.06mg (2.97%), Vitamin A: 138.81IU (2.78%), Magnesium: 10.43mg (2.61%), Phosphorus: 18.55mg (1.86%), Vitamin B2: 0.03mg (1.74%), Iron: 0.29mg (1.6%), Vitamin B3: 0.28mg (1.4%), Calcium: 11.89mg (1.19%), Vitamin B5: 0.1mg (1.02%)