



Cosmopolitan Slushy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

Ingredients

- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 4 ice cube trays
- ☐ 0.5 cup rose's lime juice
- ☐ 1.3 cups citrus-flavored vodka

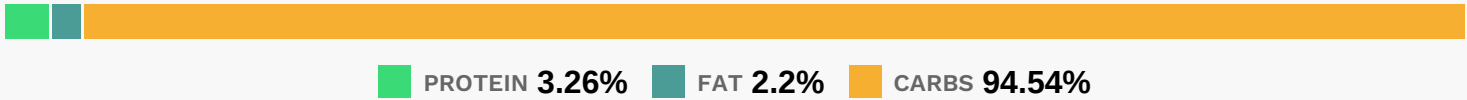
Equipment

- ☐ bowl

Directions

☐ Combine vodka, lime juice, and cranberry juice in a pitcher with 2 cups water and stir to blend. Divide between ice cube trays and freeze at least 4 hours or overnight (the drink cubes will freeze only partially). Just before serving, empty trays into a large bowl and using a fork, break up cubes to loosen ice crystals (the ice will be slushlike). Spoon slush into tall stemmed glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:5.71, Inflammation Score:-3, Nutrition Score:2.0934782637202%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 159.34kcal (7.97%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.82g (4.3%), Sugar: 10.55g (11.72%), Cholesterol: 0mg (0%), Sodium: 3.06mg (0.13%), Alcohol: 16.7g (100%), Alcohol %: 12.92% (100%), Protein: 0.41g (0.83%), Vitamin C: 13.89mg (16.84%), Vitamin E: 1.06mg (7.04%), Vitamin K: 4.42µg (4.21%), Copper: 0.06mg (2.92%), Vitamin B6: 0.05mg (2.58%), Potassium: 89.03mg (2.54%), Magnesium: 6.77mg (1.69%), Phosphorus: 16.29mg (1.63%), Iron: 0.23mg (1.3%), Vitamin B2: 0.02mg (1.28%), Vitamin B1: 0.02mg (1.01%)