



Cranberry Slush

 Vegetarian  Vegan  Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



226 kcal

Ingredients

- 6 fluid ounces bourbon
- 1 cup cranberry juice cocktail concentrate frozen
- 12 ounce lemon-lime soda chilled canned
- 6 ounce lemonade concentrate frozen canned

Equipment

- bowl

Directions

- In a medium bowl, stir together the cranberry juice concentrate, lemonade concentrate, lemon-lime soda and bourbon. Cover and freeze overnight. It will remain slushy because of the bourbon. Scoop spoonfuls into small glasses to serve as a cocktail.

Nutrition Facts

PROTEIN 0.33% **FAT 1.09%** **CARBS 98.58%**

Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.8608695723764%

Nutrients (% of daily need)

Calories: 226.18kcal (11.31%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 40.13g (14.59%), Sugar: 35.11g (39.01%), Cholesterol: 0mg (0%), Sodium: 9.52mg (0.41%), Alcohol: 9.88g (100%), Alcohol %: 8.13% (100%), Caffeine: 8.5mg (2.83%), Protein: 0.13g (0.27%), Vitamin C: 21.73mg (26.34%), Manganese: 0.06mg (3.2%), Vitamin B5: 0.22mg (2.24%), Vitamin B6: 0.03mg (1.26%), Potassium: 40.84mg (1.17%), Magnesium: 4.52mg (1.13%), Vitamin B1: 0.02mg (1.1%)