

Cranberry Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



23

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 1 slices garnishes: cranberries fresh
- ☐ 12 oz cranberry juice cocktail concentrate frozen canned
- ☐ 1 bottle lemon-lime soda chilled (2-ltr.)
- ☐ 6 oz lemonade concentrate frozen canned
- ☐ 12 oz orange juice concentrate frozen canned
- ☐ 0.8 cup sugar
- ☐ 8 cups water divided
- ☐ 2 cups grape juice white

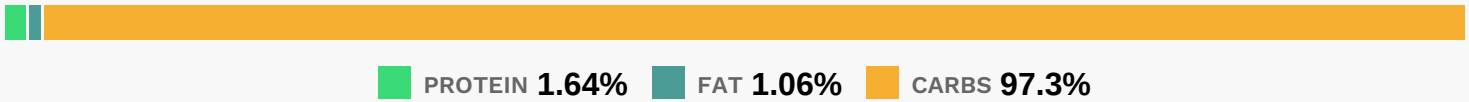
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine sugar and 2 cups water in a large saucepan over medium heat, stirring until sugar dissolves.
- ☐ Add grape juice, next 3 ingredients and remaining 6 cups water.
- ☐ Pour into 2 (one-gallon-size) heavy duty plastic zipping bags; freeze until solid.
- ☐ To serve, place frozen mixture into a punch bowl; pour chilled lemon-lime soda over mixture. Stir to break up chunks until mixture is slushy.
- ☐ Garnish each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:4.55, Inflammation Score:-2, Nutrition Score:2.9630434098451%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 2.46mg, Malvidin: 2.46mg, Malvidin: 2.46mg, Malvidin: 2.46mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 113.22kcal (5.66%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 28.24g (10.27%), Sugar: 25.78g (28.65%), Cholesterol: 0mg (0%), Sodium: 9.56mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.21mg (1.07%), Protein: 0.48g (0.96%), Vitamin C: 29.22mg (35.42%), Manganese: 0.08mg (4.09%), Potassium: 128.87mg (3.68%), Vitamin B1: 0.05mg (3.29%), Folate: 11.91µg (2.98%), Vitamin B6: 0.05mg (2.71%), Magnesium: 9.67mg (2.42%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.17mg

(1.74%), Copper: 0.03mg (1.51%), Phosphorus: 13.36mg (1.34%), Calcium: 13.15mg (1.32%), Vitamin A: 62.87IU (1.26%),
Vitamin B3: 0.21mg (1.04%)