

Creamsicle Crush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup grand marnier
- ☐ 4 cups ice cubes (with the grater blade of a food processor) shaved
- ☐ 0.5 cup orange juice concentrate (thawed)
- ☐ 3 tablespoons vodka

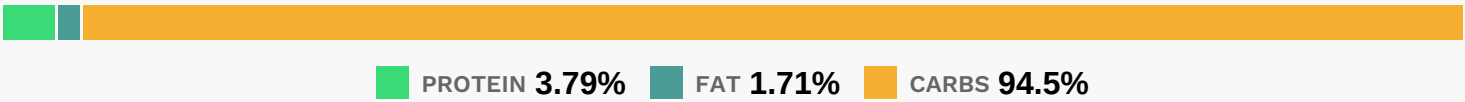
Equipment

- ☐ ice cream scoop

Directions

☐ In a small pitcher, mix orange juice concentrate, Grand Marnier, and vanilla vodka. Stir to combine. Using an ice cream scoop, pack approximately 1 cup shaved ice into a paper snow cone cup (or cocktail glass), then drizzle with a quarter of the creamsicle mixture. Repeat with remaining ice.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.0260869309954%

Nutrients (% of daily need)

Calories: 169.39kcal (8.47%), Fat: 0.18g (0.27%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.64g (7.87%), Sugar: 20.04g (22.27%), Cholesterol: 0mg (0%), Sodium: 16.79mg (0.73%), Alcohol: 11.43g (100%), Alcohol %: 4.63% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.88g (1.76%), Vitamin C: 51.47mg (62.39%), Folate: 27.33µg (6.83%), Potassium: 232.26mg (6.64%), Vitamin B1: 0.1mg (6.62%), Vitamin B6: 0.09mg (4.61%), Magnesium: 15.68mg (3.92%), Vitamin B2: 0.07mg (3.91%), Copper: 0.07mg (3.59%), Vitamin A: 134.54IU (2.69%), Phosphorus: 23.99mg (2.4%), Vitamin B3: 0.43mg (2.15%), Calcium: 20.88mg (2.09%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.21mg (1.42%), Fiber: 0.35g (1.42%), Manganese: 0.02mg (1.1%)