



Strawberry-Citrus Slush

READY IN



245 min.

SERVINGS



16

CALORIES



143 kcal

DESSERT

Ingredients

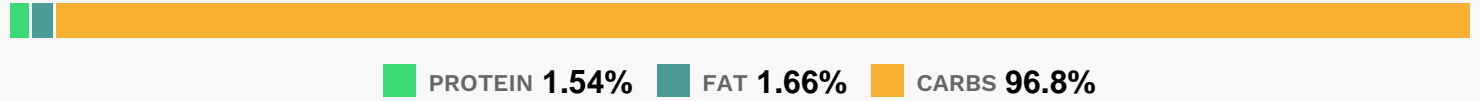
- 46 oz grapefruit juice canned
- 12 oz lemonade concentrate frozen thawed canned
- 0.5 cup sugar
- 0.1 oz liquid malt extract unsweetened soft
- 64 oz ginger ale chilled

Equipment

Directions

- In 2-quart non-metal freezer container, stir all ingredients except ginger ale until sugar is dissolved. Freeze 4 to 6 hours or until slush consistency.
- To serve, spoon 1/2 cup slush mixture into each serving glass; pour 1/2 cup ginger ale over each.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:14.92, Inflammation Score:-1, Nutrition Score:2.2178260555248%

Nutrients (% of daily need)

Calories: 142.85kcal (7.14%), Fat: 0.27g (0.42%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.85g (13.04%), Sugar: 34.88g (38.75%), Cholesterol: 0.06mg (0.02%), Sodium: 12.12mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 24.72mg (29.96%), Potassium: 150.49mg (4.3%), Iron: 0.55mg (3.08%), Magnesium: 11mg (2.75%), Vitamin B3: 0.28mg (1.4%), Calcium: 12.21mg (1.22%), Copper: 0.02mg (1.21%), Phosphorus: 11.34mg (1.13%), Vitamin B5: 0.11mg (1.08%)