

Frozen Fruit Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



590 min.

SERVINGS



10

CALORIES



266 kcal

DESSERT

Ingredients



4 large banana



15 oz apricots drained canned



20 oz pineapple rings crushed undrained canned



10 oz strawberries light frozen thawed



2 cups sugar



1 cup water

Equipment



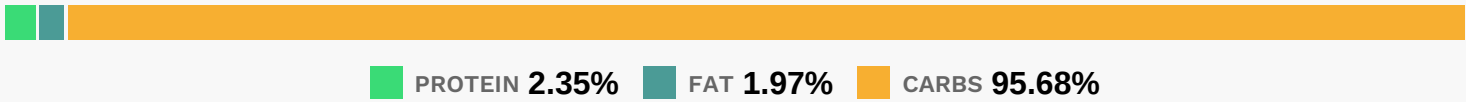
bowl

sauce pan

Directions

- Slice bananas and apricots into large bowl.
- Add strawberries and pineapple.
- In 1-quart saucepan, mix sugar and water.
- Heat to boiling. Cook about 3 minutes or until syrupy. Refrigerate until completely cooled, 20 to 30 minutes.
- Pour syrup mixture over fruit; mix gently.
- Pour into freezer container; freeze at least 8 hours or overnight. To serve, let slush stand at room temperature 1 hour. Spoon into dessert dishes.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:36.2, Inflammation Score:-7, Nutrition Score:7.3452173886092%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 265.92kcal (13.3%), Fat: 0.62g (0.96%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 67.96g (22.65%), Net Carbohydrates: 64.39g (23.42%), Sugar: 59.96g (66.62%), Cholesterol: 0mg (0%), Sodium: 3.4mg (0.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin C: 30.98mg (37.56%), Vitamin A: 885.59IU (17.71%), Manganese: 0.29mg (14.53%), Fiber: 3.57g (14.28%), Vitamin B6: 0.28mg (13.92%), Potassium: 419.37mg (11.98%), Magnesium: 31.37mg (7.84%), Copper: 0.16mg (7.82%), Vitamin B1: 0.09mg (6.28%), Folate: 24.35µg (6.09%), Vitamin B2: 0.08mg (4.85%), Vitamin B3: 0.89mg (4.44%), Vitamin E: 0.53mg (3.51%), Iron: 0.6mg (3.35%), Phosphorus: 32.52mg (3.25%), Vitamin B5: 0.32mg (3.19%), Vitamin K: 2.7µg (2.57%), Calcium: 22.97mg (2.3%), Zinc: 0.27mg (1.8%), Selenium: 1.17µg (1.67%)