



Frozen Tropical Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

DESSERT

Ingredients

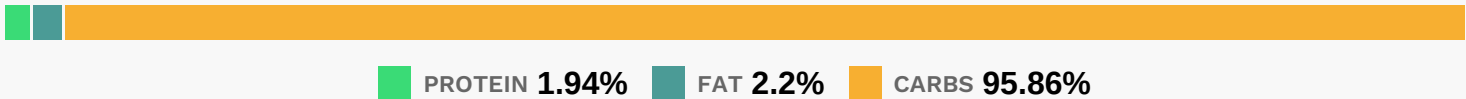
- ☐ 1 cup guava nectar
- ☐ 2.5 cups ice cubes
- ☐ 0.5 cup rum light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos cubed peeled
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons tangerine juice concentrate frozen thawed
- ☐ 0.5 teaspoon vanilla extract

Equipment

Directions

☐ Blend all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:7.05, Inflammation Score:-5, Nutrition Score:3.9573912724205%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 159.41kcal (7.97%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 21.6g (7.86%), Sugar: 20.32g (22.58%), Cholesterol: 0mg (0%), Sodium: 12.83mg (0.56%), Alcohol: 10.19g (100%), Alcohol %: 4.26% (100%), Protein: 0.46g (0.93%), Vitamin C: 31.8mg (38.55%), Vitamin A: 490.74IU (9.81%), Fiber: 1.33g (5.33%), Folate: 20.74µg (5.18%), Copper: 0.09mg (4.55%), Potassium: 116.54mg (3.33%), Manganese: 0.06mg (3.1%), Vitamin B6: 0.06mg (3.09%), Vitamin E: 0.43mg (2.86%), Magnesium: 8.74mg (2.18%), Vitamin K: 2.28µg (2.17%), Vitamin B3: 0.42mg (2.08%), Calcium: 18.37mg (1.84%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.35%), Phosphorus: 10.35mg (1.03%)