

Fuzzy Navel Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



30

CALORIES



108 kcal

Ingredients



2 liter lemon-lime carbonated beverage flavored



12 fluid ounce lemonade concentrate frozen canned



12 fluid ounce orange juice concentrate frozen canned



1 pint peach schnapps



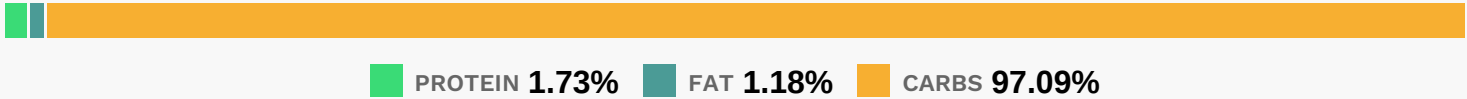
9 cups water

Equipment

Directions

- ☐
- In a large freezer container, combine water and sugar. Stir until sugar is dissolved. Stir in orange juice concentrate, lemonade concentrate and peach schnapps. Cover and freeze for 4 hours or overnight.
- ☐
- To serve, fill glass 3/4 of the way full with slush, then top off with lemon-lime soda, and stir.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.8173913123167%

Nutrients (% of daily need)

Calories: 108.49kcal (5.42%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 20.56g (7.48%), Sugar: 19.21g (21.35%), Cholesterol: 0mg (0%), Sodium: 11.85mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.98mg (3.33%), Protein: 0.37g (0.74%), Vitamin C: 18.7mg (22.67%), Folate: 9.94µg (2.48%), Potassium: 83.58mg (2.39%), Vitamin B1: 0.03mg (2.33%), Vitamin B6: 0.03mg (1.66%), Magnesium: 6.34mg (1.59%), Vitamin B2: 0.02mg (1.22%)