



Gin Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



129 kcal

DESSERT

Ingredients



2 cups hendrick's gin



12 fluid ounce lemonade concentrate frozen canned



12 fluid ounce orange juice concentrate frozen canned



9 cups water



2 cups sugar white

Equipment

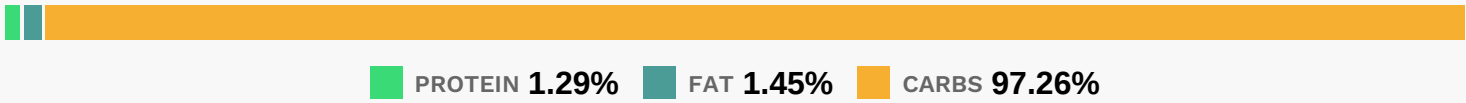


sauce pan

Directions

- ☐ In a saucepan, combine water and sugar. Bring to a boil and let boil for 15 minutes.
- ☐ Remove from heat and allow to cool.
- ☐ Stir in the orange juice concentrate, lemonade concentrate and gin.
- ☐ Pour into a plastic container and freeze overnight.
- ☐ To serve, scoop 1/2 cup slush into a glass and top with lemon-lime soda.

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:9.31, Inflammation Score:-2, Nutrition Score:1.8386956625011%

Nutrients (% of daily need)

Calories: 128.98kcal (6.45%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 23.19g (8.43%), Sugar: 22.08g (24.54%), Cholesterol: 0mg (0%), Sodium: 5.5mg (0.24%), Alcohol: 5.34g (100%), Alcohol %: 5.46% (100%), Protein: 0.31g (0.62%), Vitamin C: 18.7mg (22.67%), Folate: 9.94µg (2.48%), Potassium: 83.5mg (2.39%), Vitamin B1: 0.04mg (2.39%), Vitamin B6: 0.03mg (1.66%), Magnesium: 5.68mg (1.42%), Vitamin B2: 0.02mg (1.4%), Copper: 0.02mg (1.21%)