



## Hawaiian Punch Slush for Adults

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1933 kcal

### Ingredients

- 28 ounce cream of coconut canned
- 2 liters lemon lime soda flavored
- 18 ounce lemonade concentrate frozen canned
- 46 fluid ounce pineapple juice unsweetened canned
- 750 milliliter vodka

### Equipment

### Directions

- In a plastic container combine cream of coconut, lemonade concentrate, pineapple juice and vodka.
- Mix well and store overnight in the freezer.
- To serve, place 2 scoops in a glass, then fill the glass with lemon-lime soda.

## Nutrition Facts

**PROTEIN 0.52%** **FAT 20.49%** **CARBS 78.99%**

### Properties

Glycemic Index:15.25, Glycemic Load:19.82, Inflammation Score:-6, Nutrition Score:13.50391295034%

### Nutrients (% of daily need)

Calories: 1933.41kcal (96.67%), Fat: 34.38g (52.9%), Saturated Fat: 29.83g (186.41%), Carbohydrates: 298.31g (99.44%), Net Carbohydrates: 290.64g (105.69%), Sugar: 273.84g (304.26%), Cholesterol: 0mg (0%), Sodium: 166.73mg (7.25%), Alcohol: 63.53g (100%), Alcohol %: 5.94% (100%), Caffeine: 74.81mg (24.94%), Protein: 1.95g (3.91%), Manganese: 1.73mg (86.52%), Vitamin C: 50.72mg (61.48%), Fiber: 7.67g (30.68%), Vitamin B6: 0.37mg (18.28%), Folate: 70.14µg (17.53%), Vitamin B1: 0.23mg (15.48%), Potassium: 540.81mg (15.45%), Magnesium: 54.72mg (13.68%), Copper: 0.27mg (13.51%), Iron: 1.29mg (7.15%), Calcium: 63.11mg (6.31%), Vitamin B2: 0.08mg (4.98%), Phosphorus: 45.64mg (4.56%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.47mg (3.17%), Vitamin E: 0.18mg (1.22%), Vitamin K: 1.28µg (1.21%), Selenium: 0.85µg (1.21%)