



Icy Lemonade Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



92 kcal

DESSERT

Ingredients

- 6 ice cubes
- 1 large optional: lemon peeled seeded
- 0.5 cup splenda® no calorie sweetener
- 3 cups water cold

Equipment

- blender

Directions

Place the lemon, SPLENDA® Granulated Sweetener, cold water, and ice cubes into the container of a blender. Blend until smooth, and serve immediately.

Nutrition Facts

PROTEIN 1.15% **FAT 0.71%** **CARBS 98.14%**

Properties

Glycemic Index:18.88, Glycemic Load:11.85, Inflammation Score:-1, Nutrition Score:1.38782609902%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 91.83kcal (4.59%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 24.56g (8.93%), Sugar: 20.75g (23.06%), Cholesterol: 0mg (0%), Sodium: 10.46mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 14.31mg (17.35%), Fiber: 0.76g (3.02%), Copper: 0.04mg (2.09%), Calcium: 12.97mg (1.3%), Potassium: 38.26mg (1.09%), Vitamin B6: 0.02mg (1.08%), Magnesium: 4.14mg (1.04%)