



Kiwi-Lime-Rum Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



157 kcal

Ingredients

- 4 kiwi fruit peeled chopped
- 12 oz coca-cola chilled flavored canned
- 10 oz margarita cocktail frozen canned
- 1 cup rum light
- 2 liter coca-cola chilled flavored ()
- 1 slices lime fresh

Equipment

- bowl
- sieve

blender

Directions

Puree kiwi fruit in blender.

Place strainer over small bowl. With back of spoon, press fruit through strainer to remove seeds.

In same blender container, mix fruit puree, 12 oz. carbonated beverage, margarita mix concentrate and rum; cover and blend at low speed until mixed.

Pour into nonmetal container. Cover; freeze at least 24 hours or until firm.

For each serving, spoon 1/3 cup slush mixture into glass; add 2/3 cup carbonated beverage. Or spoon slush mixture into large punch bowl; add 2 liters carbonated beverage. Stir gently.

Garnish glasses or punch bowl with lime slices.

Nutrition Facts



PROTEIN 1.6% **FAT 1.36%** **CARBS 97.04%**

Properties

Glycemic Index:18.81, Glycemic Load:13.49, Inflammation Score:-2, Nutrition Score:2.8647825951162%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 156.76kcal (7.84%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 27g (9.82%), Sugar: 25.21g (28.01%), Cholesterol: 0mg (0%), Sodium: 26.29mg (1.14%), Alcohol: 6.68g (100%), Alcohol %: 3.15% (100%), Caffeine: 15.57mg (5.19%), Protein: 0.46g (0.92%), Vitamin C: 22.83mg (27.67%), Vitamin K: 12.23µg (11.65%), Fiber: 0.93g (3.71%), Phosphorus: 30.68mg (3.07%), Vitamin E: 0.4mg (2.64%), Copper: 0.05mg (2.36%), Folate: 7.93µg (1.98%), Manganese: 0.04mg (1.86%), Potassium: 64.95mg (1.86%), Iron: 0.3mg (1.66%), Calcium: 14.7mg (1.47%), Magnesium: 4.89mg (1.22%)