



Lemon-Lime Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

Ingredients

- ☐ 6 cups ice cubes crushed
- ☐ 1 slices garnishes: lemon lime
- ☐ 5 cups lemon-lime soda chilled
- ☐ 12 ounce pink lemonade kool-aid frozen undiluted thawed canned
- ☐ 12 ounce limeade more frozen undiluted thawed canned

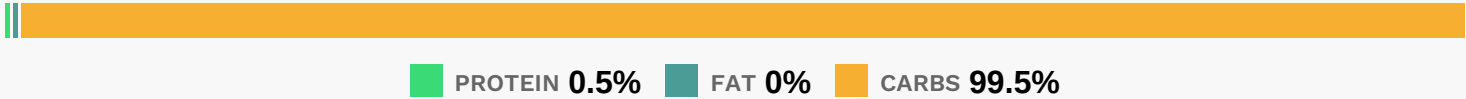
Equipment

- ☐ blender

Directions

- ☐ Process half of the lemonade, limeade, and ice in a blender until smooth, stopping to scrape down sides.
- ☐ Pour mixture into a 4-quart plastic container. Repeat procedure with other half. Freeze until firm.
- ☐ Remove from freezer 30 minutes before serving; break into chunks.
- ☐ Add soft drink; stir until slushy.
- ☐ Garnish, if desired.
- ☐ Note: In testing, we used 7-Up for the lemon-lime soda.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:2.78, Inflammation Score:1, Nutrition Score:0.12782608596203%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 82.92kcal (4.15%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 21.07g (7.66%), Sugar: 20.07g (22.31%), Cholesterol: 0mg (0%), Sodium: 23.21mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 0.11g (0.21%), Copper: 0.02mg (1.14%)