



Lemon-Rum Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



308 kcal

DESSERT

Ingredients

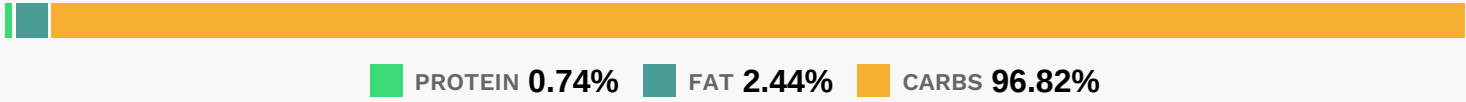
- ☐ 12 ounce lemonade concentrate frozen canned
- ☐ 1.5 cups pineapple juice
- ☐ 2 cups rum
- ☐ 0.3 cup sugar
- ☐ 2 cups water

Equipment

Directions

- ☐ Combine all ingredients, and freeze 6 hours, stirring occasionally.
- ☐ Remove mixture from freezer; stir until slushy.
- ☐ Note: For Lemon Slush: Omit rum, and let frozen mixture stand at room temperature 20 to 30 minutes or until slushy.

Nutrition Facts



Properties

Glycemic Index:18.73, Glycemic Load:7.93, Inflammation Score:-3, Nutrition Score:2.3582608727333%

Nutrients (% of daily need)

Calories: 307.96kcal (15.4%), Fat: 0.42g (0.65%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 37.63g (13.68%), Sugar: 33.8g (37.56%), Cholesterol: 0mg (0%), Sodium: 8.55mg (0.37%), Alcohol: 22.9g (100%), Alcohol %: 11.97% (100%), Protein: 0.29g (0.58%), Vitamin C: 11.42mg (13.85%), Manganese: 0.27mg (13.69%), Copper: 0.07mg (3.35%), Folate: 12.5µg (3.13%), Vitamin B6: 0.06mg (3.05%), Potassium: 102.25mg (2.92%), Vitamin B1: 0.04mg (2.88%), Magnesium: 10.15mg (2.54%), Iron: 0.23mg (1.29%), Calcium: 12.08mg (1.21%), Phosphorus: 10.19mg (1.02%)