



Lemon Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



209 kcal

DESSERT

Ingredients

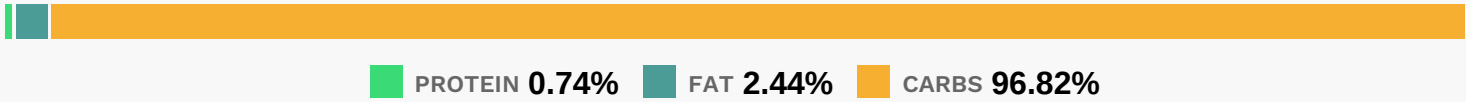
- ☐ 12 ounce lemonade concentrate frozen canned
- ☐ 1.5 cups pineapple juice
- ☐ 0.3 cup sugar
- ☐ 2 cups water

Equipment

Directions

- ☐
- Combine all ingredients, and freeze 6 hours, stirring occasionally.
- ☐
- Let frozen mixture stand at room temperature 20 to 30 minutes or until slushy.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:11.11, Inflammation Score:-1, Nutrition Score:3.147826027935%

Nutrients (% of daily need)

Calories: 209.38kcal (10.47%), Fat: 0.59g (0.91%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 52.68g (19.16%), Sugar: 47.32g (52.58%), Cholesterol: 0mg (0%), Sodium: 11.01mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 15.99mg (19.39%), Manganese: 0.37mg (18.3%), Folate: 17.51µg (4.38%), Vitamin B6: 0.08mg (4.22%), Potassium: 141.23mg (4.04%), Copper: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.64%), Magnesium: 14.21mg (3.55%), Calcium: 16.91mg (1.69%), Iron: 0.29mg (1.59%), Fiber: 0.35g (1.38%), Vitamin B5: 0.12mg (1.18%), Vitamin B3: 0.22mg (1.08%), Phosphorus: 10.43mg (1.04%)