



Lemon Whiskey Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

DESSERT

Ingredients

- 4 cups ice cubes
- 0.5 cup juice of lemon fresh
- 0.5 cup irish whiskey
- 3 tablespoons sugar white

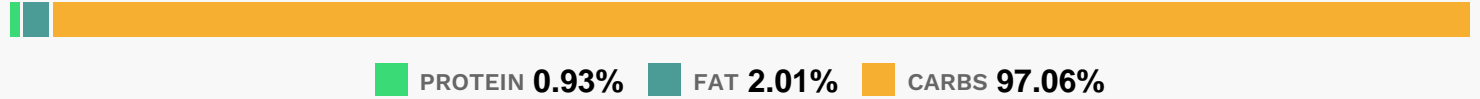
Equipment

- blender

Directions

- In the container of a blender, combine the Irish whiskey, sugar, lemon juice and ice cubes. Cover and blend until slushy, 15 to 30 seconds.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:6.29, Inflammation Score:-2, Nutrition Score:1.1034782703804%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 115.11kcal (5.76%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 11.01g (4%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 12.22mg (0.53%), Alcohol: 10.62g (100%), Alcohol %: 4.4% (100%), Protein: 0.11g (0.21%), Vitamin C: 11.8mg (14.31%), Copper: 0.05mg (2.37%), Folate: 6.1µg (1.52%), Magnesium: 4.2mg (1.05%)