



Limeade Sunset Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

Ingredients



1 cup cranberry juice cocktail



1 cup ginger ale



2 cups ice cubes



6 ounce limeade concentrate frozen undiluted canned

Equipment



blender

Directions

- ☐
- Place 1/4 cup cranberry juice in each of 4 glasses; set aside.
- ☐
- Place limeade in container of an electric blender.
- ☐
- Add ice cubes; cover and process until smooth. Divide evenly among prepared glasses. Top each serving with 1/4 cup ginger ale.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:0.77130433285366%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 30.53kcal (1.53%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.83g (2.85%), Sugar: 7.37g (8.19%), Cholesterol: 0mg (0%), Sodium: 5.03mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin C: 11.23mg (13.61%)