



Luscious Slush Punch

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



50

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup juice of lemon
- 4 liter lemon-lime carbonated beverage flavored
- 1 quart orange juice
- 46 fluid ounce pineapple juice canned
- 6 ounce strawberry jell-o® mix flavored
- 6 cups water
- 2.5 cups sugar white

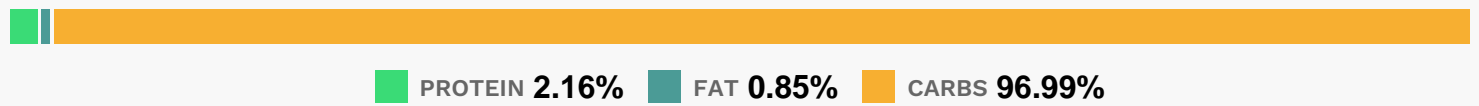
Equipment

- bowl
- sauce pan

Directions

- Bring the sugar, water, and strawberry flavored gelatin to a boil in a large saucepan; boil for 3 minutes. Stir in the pineapple juice, lemon juice, and orange juice. Divide mixture into 2 separate containers and freeze.
- Combine the contents of 1 container with 1 bottle of the lemon-lime flavored carbonated beverage in a punch bowl; stir until slushy. Repeat with remaining portions as needed.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:7.98, Inflammation Score:-1, Nutrition Score:1.6504347975487%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.73mg, Hesperetin: 2.73mg, Hesperetin: 2.73mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 109.74kcal (5.49%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 27.38g (9.96%), Sugar: 26.59g (29.54%), Cholesterol: 0mg (0%), Sodium: 25.85mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.97mg (3.99%), Protein: 0.62g (1.24%), Vitamin C: 13.28mg (16.1%), Vitamin B1: 0.05mg (3.04%), Copper: 0.05mg (2.36%), Potassium: 76.17mg (2.18%), Folate: 7.79µg (1.95%), Magnesium: 7.51mg (1.88%), Fiber: 0.4g (1.61%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 51.65IU (1.03%), Phosphorus: 10.18mg (1.02%)