



Mango-Mint-Rum Slush



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 cup ice cubes
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 cups mangos peeled coarsely chopped
- ☐ 1 cup apricot-mango nectar
- ☐ 0.8 cup rum white
- ☐ 2 tablespoons sugar

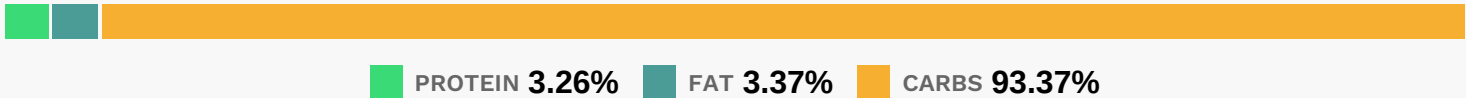
Equipment

blender

Directions

- Place mango in freezer for 1 hour.
- Combine mango, ice cubes, and remaining ingredients in a blender; process until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:12.77, Inflammation Score:-9, Nutrition Score:8.9900000354518%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 237.96kcal (11.9%), Fat: 0.55g (0.85%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 31.89g (11.6%), Sugar: 30.98g (34.42%), Cholesterol: 0mg (0%), Sodium: 8.53mg (0.37%), Alcohol: 15.03g (100%), Alcohol %: 6.09% (100%), Protein: 1.19g (2.39%), Vitamin C: 59.52mg (72.14%), Vitamin A: 1833.87IU (36.68%), Folate: 60.54µg (15.14%), Fiber: 2.33g (9.32%), Copper: 0.17mg (8.72%), Vitamin E: 1.28mg (8.53%), Vitamin B6: 0.16mg (8.22%), Potassium: 248.79mg (7.11%), Manganese: 0.12mg (6.06%), Vitamin K: 5.79µg (5.51%), Vitamin B3: 0.93mg (4.63%), Magnesium: 17.06mg (4.26%), Vitamin B2: 0.06mg (3.38%), Calcium: 31.27mg (3.13%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.94%), Iron: 0.52mg (2.9%), Phosphorus: 23.41mg (2.34%), Selenium: 1.04µg (1.49%), Zinc: 0.17mg (1.16%)