



Orange-Mint Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



315 min.

SERVINGS



15

CALORIES



160 kcal

DESSERT

Ingredients

- 2 cups sugar
- 7 cups water
- 0.8 cup mint leaves fresh
- 12 oz orange juice concentrate frozen thawed canned
- 6 oz lemonade concentrate frozen thawed canned
- 40 oz seltzer water chilled (5 cups)
- 1 leaves mint leaves fresh

Equipment

sauce pan

Directions

- In 4-quart saucepan, heat sugar, 3 cups of the water and 3/4 cup mint leaves to boiling. Reduce heat; simmer 2 minutes. Cool 1 hour to blend flavors.
- Strain and reserve liquid. In nonmetal freezer container, mix reserved liquid, remaining water, orange juice concentrate and lemonade concentrate; freeze until slush consistency.
- To serve, spoon about 2/3 cup slush mixture into each serving glass; pour 1/3 cup club soda over each.
- Garnish with mint leaves.

Nutrition Facts

PROTEIN 1.57% FAT 1.31% CARBS 97.12%

Properties

Glycemic Index:4.67, Glycemic Load:18.62, Inflammation Score:-3, Nutrition Score:3.7617390732402%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg

Nutrients (% of daily need)

Calories: 160.04kcal (8%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 40.54g (13.51%), Net Carbohydrates: 40.1g (14.58%), Sugar: 38.4g (42.66%), Cholesterol: 0mg (0%), Sodium: 24.74mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin C: 35.09mg (42.53%), Folate: 20.83µg (5.21%), Potassium: 165.69mg (4.73%), Vitamin B1: 0.07mg (4.43%), Vitamin A: 181.68IU (3.63%), Vitamin B6: 0.06mg (3.21%), Magnesium: 12.39mg (3.1%), Vitamin B2: 0.05mg (2.99%), Copper: 0.05mg (2.32%), Calcium: 22.25mg (2.22%), Manganese: 0.04mg (2.03%), Fiber: 0.44g (1.76%), Phosphorus: 16.27mg (1.63%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.15mg (1.48%), Iron: 0.22mg (1.22%), Zinc: 0.16mg (1.03%)