

Orange-Mint Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



315 min.

SERVINGS



15

CALORIES



160 kcal

DESSERT

Ingredients



40 oz seltzer water chilled (5 cups)



0.8 cup mint leaves fresh



6 oz lemonade concentrate frozen thawed canned



1 leaves mint leaves fresh



12 oz orange juice concentrate frozen thawed canned



2 cups sugar



7 cups water

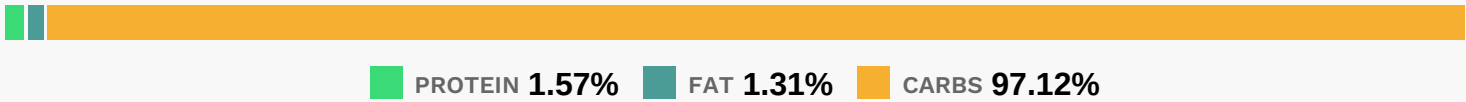
Equipment

☐ 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



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%)