



Orange-Pineapple Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

Ingredients

- 3 cups ice cubes
- 0.3 cup juice of lemon
- 1 cup orange juice
- 0.5 cup pineapple juice

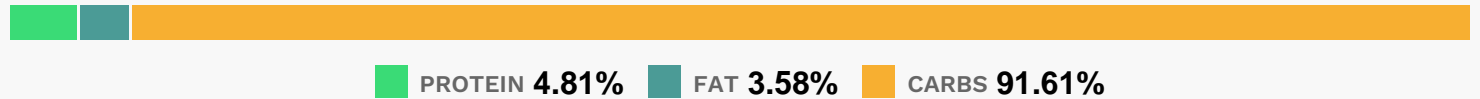
Equipment

- food processor
- blender

Directions

- Combine all ingredients in a blender or food processor; process on high speed until smooth and frothy.
- Serve immediately.
- Tip: Instead of using two different containers of juice, you can use a bottle or can of pineapple–orange juice.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:5.01, Inflammation Score:-3, Nutrition Score:4.2273913589509%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg, Hesperetin: 9.62mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 46.89kcal (2.34%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 11.07g (4.02%), Sugar: 8.54g (9.48%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 39.85mg (48.31%), Manganese: 0.16mg (7.96%), Folate: 26.96µg (6.74%), Vitamin B1: 0.08mg (5.1%), Potassium: 178.06mg (5.09%), Copper: 0.08mg (3.92%), Magnesium: 13.05mg (3.26%), Vitamin B6: 0.06mg (3.07%), Vitamin A: 126.39IU (2.53%), Calcium: 16.89mg (1.69%), Vitamin B3: 0.32mg (1.6%), Vitamin B2: 0.03mg (1.59%), Vitamin B5: 0.15mg (1.54%), Phosphorus: 14.12mg (1.41%), Iron: 0.23mg (1.26%)