



Peach-Orange Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

Ingredients



1 cup ice cubes crushed



6 oz orange juice concentrate frozen canned



1 cup peaches unsweetened frozen



0.8 cup soda water

Equipment

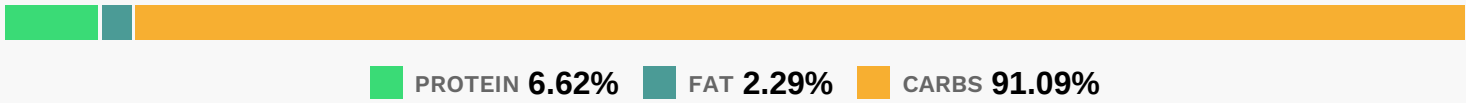


blender

Directions

- ☐
- In a blender, combine orange juice concentrate, peaches, gin, orange liqueur, and ice. Whirl until smooth.
- ☐
- Pour into glasses and serve at once.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:6.7643479160641%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 17.85g (6.49%), Sugar: 15.86g (17.62%), Cholesterol: 0mg (0%), Sodium: 20.25mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin C: 63.24mg (76.65%), Potassium: 315.33mg (9.01%), Folate: 35.05µg (8.76%), Vitamin B1: 0.13mg (8.41%), Vitamin B6: 0.12mg (6.01%), Vitamin A: 286.68IU (5.73%), Vitamin B2: 0.09mg (5.08%), Magnesium: 19mg (4.75%), Fiber: 1g (4.01%), Vitamin B3: 0.77mg (3.87%), Vitamin E: 0.54mg (3.57%), Phosphorus: 34.41mg (3.44%), Copper: 0.07mg (3.36%), Vitamin B5: 0.3mg (2.97%), Manganese: 0.04mg (2.22%), Calcium: 21.69mg (2.17%), Iron: 0.28mg (1.53%), Selenium: 0.98µg (1.4%), Zinc: 0.21mg (1.38%), Vitamin K: 1.33µg (1.26%)