



## Peach Summer Slushies

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



86 kcal

### Ingredients

- 1 cup ice cubes
- 2 Tbsp kool-aid tropical punch flavor sugar-sweetened drink mix
- 1.5 cups orange juice
- 2 cups peaches fresh peeled

### Equipment

- blender

### Directions

- Blend all ingredients except ice in blender until smooth.
- Add ice; blend on high speed until thickened.
- Serve immediately.

## Nutrition Facts

**PROTEIN 7.71%**

**FAT 6.52%**

**CARBS 85.77%**

### Properties

Glycemic Index:23.06, Glycemic Load:7.6, Inflammation Score:-6, Nutrition Score:6.5600000308908%

### Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg,  
 Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg,  
 Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg  
 Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg,  
 Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol:  
 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg,  
 Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol:  
 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg  
 Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

### Nutrients (% of daily need)

Calories: 85.96kcal (4.3%), Fat: 0.66g (1.01%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 19.41g (6.47%), Net  
 Carbohydrates: 18.06g (6.57%), Sugar: 15.58g (17.31%), Cholesterol: 0.66mg (0.22%), Sodium: 25.03mg (1.09%),  
 Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin C: 49.74mg (60.29%), Vitamin A:  
 443.18IU (8.86%), Potassium: 300.79mg (8.59%), Folate: 33.78µg (8.45%), Vitamin B1: 0.12mg (7.74%), Copper:  
 0.12mg (5.8%), Vitamin B3: 1.14mg (5.68%), Fiber: 1.34g (5.38%), Magnesium: 19.54mg (4.88%), Vitamin B2: 0.08mg  
 (4.53%), Phosphorus: 42.6mg (4.26%), Vitamin E: 0.61mg (4.06%), Vitamin B6: 0.07mg (3.39%), Manganese:  
 0.07mg (3.33%), Vitamin B5: 0.31mg (3.12%), Selenium: 2.16µg (3.09%), Iron: 0.47mg (2.59%), Vitamin K: 2.55µg  
 (2.43%), Calcium: 23.28mg (2.33%), Zinc: 0.26mg (1.71%)