



Pineapple-Rum Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

DESSERT

Ingredients

- 0.8 cup rum dark
- 1 cup juice of lemon fresh (5 large lemons)
- 3 cups pineapple juice
- 0.5 cup sugar
- 0.8 cup water

Equipment

Directions

- Combine all ingredients in a large plastic pitcher; cover and freeze at least 4 hours or until slushy.
- Note: Substitute orange juice for rum, if desired.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:4.8800000762162%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 34.23g (12.45%), Sugar: 29.43g (32.71%), Cholesterol: 0mg (0%), Sodium: 4.71mg (0.2%), Alcohol: 10.02g (100%), Alcohol %: 5.41% (100%), Protein: 0.57g (1.13%), Vitamin C: 27.54mg (33.38%), Manganese: 0.61mg (30.28%), Folate: 29.37µg (7.34%), Vitamin B6: 0.14mg (6.85%), Potassium: 196.22mg (5.61%), Vitamin B1: 0.08mg (5.33%), Copper: 0.1mg (5.01%), Magnesium: 16.9mg (4.22%), Iron: 0.42mg (2.33%), Vitamin B2: 0.04mg (2.07%), Calcium: 18.83mg (1.88%), Fiber: 0.36g (1.43%), Phosphorus: 13.89mg (1.39%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.17mg (1.11%)