

Rhubarb Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



20

CALORIES



155 kcal

DESSERT

Ingredients

- 2 liter lemon-lime carbonated beverage chilled flavored
- 6 ounce lemonade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned
- 6 cups rhubarb fresh chopped
- 3 cups water
- 2 cups sugar white

Equipment

- sauce pan

blender

Directions

Place rhubarb in a large saucepan with water to cover. Bring to a boil over medium-high heat, and cook until tender.

Drain and mash or puree in a blender.

Stir together the rhubarb puree, sugar, orange juice concentrate, lemonade concentrate, gin and water. Freeze.

Place scoops of the frozen mixture into serving glasses, and fill the rest of the glass with lemon-lime soda.

Nutrition Facts

 **PROTEIN 1.59%**  **FAT 1.22%**  **CARBS 97.19%**

Properties

Glycemic Index:4.15, Glycemic Load:14.09, Inflammation Score:-1, Nutrition Score:2.8121739353823%

Flavonoids

Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg

Nutrients (% of daily need)

Calories: 154.84kcal (7.74%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 38.44g (13.98%), Sugar: 36.84g (40.93%), Cholesterol: 0mg (0%), Sodium: 14.6mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.96mg (4.99%), Protein: 0.64g (1.28%), Vitamin C: 16.37mg (19.85%), Vitamin K: 10.77µg (10.26%), Potassium: 166.42mg (4.75%), Manganese: 0.08mg (3.89%), Calcium: 38.56mg (3.86%), Fiber: 0.77g (3.08%), Folate: 9.71µg (2.43%), Magnesium: 9.32mg (2.33%), Vitamin B1: 0.03mg (2.16%), Vitamin B2: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.63%), Vitamin A: 69.57IU (1.39%), Vitamin B3: 0.23mg (1.13%), Phosphorus: 10.91mg (1.09%), Vitamin E: 0.16mg (1.05%), Copper: 0.02mg (1.04%)