



Sangria Slushies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



8

CALORIES



241 kcal

DESSERT

Ingredients



4 large optional: lemon



2 large cranberry-orange relish



1.3 cups sugar



1 bottle wine dry red



3.3 cups water



1 serving strawberries fresh for garnish (such as strawberries, grapes, orange or apple slices)

Equipment



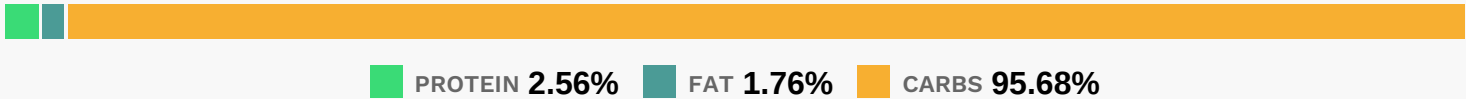
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☐ baking pan

Directions

- ☐ Squeeze lemons and oranges over strainer into shallow baking dish. Stir in sugar until dissolved.
- ☐ Add wine and water; stir to combine.
- ☐ Place dish uncovered in freezer. Freeze 8 hours or overnight.
- ☐ Using fork tines, scrape surface of frozen mixture to create "slush." Scoop "slush" into serving glasses.
- ☐ Garnish with fresh fruit, if desired.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:24.96, Inflammation Score:-6, Nutrition Score:6.097826089548%

Flavonoids

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Nutrients (% of daily need)

Calories: 241.16kcal (12.06%), Fat: 0.37g (0.57%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 42.43g (15.43%), Sugar: 37.72g (41.91%), Cholesterol: 0mg (0%), Sodium: 6.38mg (0.28%), Alcohol: 9.84g (100%), Alcohol %: 3.68% (100%), Protein: 1.21g (2.43%), Vitamin C: 63.68mg (77.18%), Fiber: 2.98g (11.9%), Folate: 24.06µg (6.01%), Potassium: 185.95mg (5.31%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.4%), Vitamin B6: 0.08mg (3.96%), Calcium: 38.52mg (3.85%), Copper: 0.07mg (3.34%), Magnesium: 12.22mg (3.06%), Iron: 0.46mg (2.55%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 117.54IU (2.35%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 19.4mg (1.94%), Vitamin E: 0.22mg (1.44%), Vitamin B3: 0.25mg (1.27%), Selenium: 0.71µg (1.01%)