



Sluggers' Strawberry Slushies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



133 kcal

DESSERT

Ingredients



750 milliliter mirin dry



1 tablespoon juice of lemon fresh



2 cups strawberries hulled



2 tablespoons sugar

Equipment

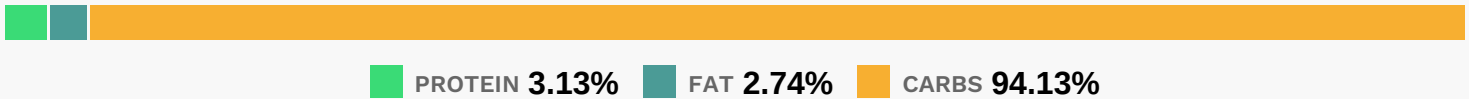


food processor

Directions

- ☐
- Purée strawberries, Riesling, lemonjuice, and sugar in a food processor untilliquefied. Process in an ice cream makeraccording to manufacturer's instructions.Divide among cups.
- ☐
- Serve immediately withstraws, or transfer to a container and freeze.
- ☐
- calories 140, 0 grams fat, 12 grams carbohydrates
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:2.90000000471006%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 132.75kcal (6.64%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.62g (4.22%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 0.55mg (0.02%), Alcohol: 12.05g (100%), Alcohol %: 8.42% (100%), Protein: 0.42g (0.84%), Vitamin C: 29.19mg (35.38%), Manganese: 0.19mg (9.29%), Fiber: 0.97g (3.87%), Folate: 12.02µg (3.01%), Potassium: 76.1mg (2.17%), Magnesium: 6.39mg (1.6%), Vitamin B6: 0.02mg (1.19%), Copper: 0.02mg (1.19%), Phosphorus: 11.72mg (1.17%), Iron: 0.2mg (1.12%), Vitamin K: 1.06µg (1.01%)