



Slushy Red Roosters



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



216 kcal

Ingredients



4 cups cranberry juice cocktail



12 oz orange juice concentrate frozen thawed canned



2 cups vodka



4.5 cups water

Equipment



food processor

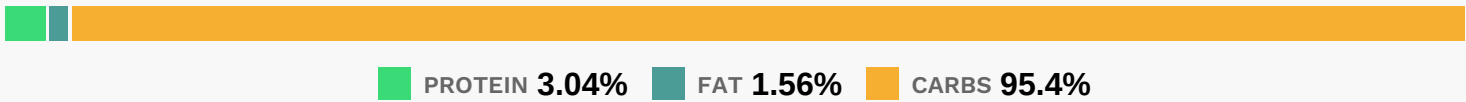


blender

Directions

- ☐ Stir together cranberry juice cocktail, orange juice concentrate, vodka, and 4 1/2 cups water.
- ☐ Place 1 (1-gal.) zip-top plastic freezer bag inside another 1-gal. zip-top plastic freezer bag.
- ☐ Pour about 4 cups cranberry mixture into inside bag. Seal both bags. Repeat procedure with remaining cranberry mixture. (Double bagging is a precaution to avoid spills.) Freeze bags 24 hours.
- ☐ Remove bags from freezer; let stand 5 minutes. Process cranberry mixture, 1 bag at a time, in a blender or food processor until desired consistency.
- ☐ Pour into glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:8.2, Inflammation Score:-6, Nutrition Score:6.7891304583653%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 215.88kcal (10.79%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 25.3g (9.2%), Sugar: 22.15g (24.61%), Cholesterol: 0mg (0%), Sodium: 10.21mg (0.44%), Alcohol: 16.03g (100%), Alcohol %: 7.01% (100%), Protein: 0.82g (1.63%), Vitamin C: 92.14mg (111.68%), Folate: 26.19µg (6.55%), Potassium: 228.63mg (6.53%), Vitamin B1: 0.1mg (6.4%), Vitamin B6: 0.09mg (4.42%), Vitamin B2: 0.06mg (3.7%), Magnesium: 13.98mg (3.5%), Manganese: 0.06mg (3.25%), Vitamin E: 0.43mg (2.85%), Vitamin A: 137.03IU (2.74%), Copper: 0.05mg (2.6%), Vitamin B5: 0.24mg (2.43%), Phosphorus: 24.16mg (2.42%), Vitamin B3: 0.41mg (2.06%), Calcium: 19.16mg (1.92%), Fiber: 0.34g (1.36%), Iron: 0.22mg (1.21%), Vitamin K: 1.15µg (1.09%)