



Sparkling Strawberry-Lemonade Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



250 min.

SERVINGS



10

CALORIES



119 kcal

Ingredients

- 12 oz lemonade concentrate frozen organic thawed cascadian farm® canned
- 10 oz strawberries frozen organic thawed cascadian farm®
- 1 cup water
- 5 cups coca-cola

Equipment

- blender

Directions

- In blender, place lemonade concentrate and strawberries; blend on high speed until smooth.
- Pour into nonmetal freezer container. Stir in water. Cover; freeze at least 4 hours.
- If mixture is frozen solid, let stand at room temperature about 15 min. For each serving, measure 1/2 cup slush mixture into 8-oz glass; stir in 1/2 cup ginger ale.
- Serve immediately.

Nutrition Facts

PROTEIN 1.1%

FAT 2.47%

CARBS 96.43%

Properties

Glycemic Index:10.3, Glycemic Load:7.75, Inflammation Score:-1, Nutrition Score:2.2643478464173%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 119.41kcal (5.97%), Fat: 0.35g (0.53%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 29.76g (10.82%), Sugar: 27.11g (30.12%), Cholesterol: 0mg (0%), Sodium: 8.57mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.44mg (3.15%), Protein: 0.35g (0.69%), Vitamin C: 21.13mg (25.61%), Manganese: 0.12mg (5.81%), Fiber: 0.67g (2.68%), Folate: 9.19µg (2.3%), Phosphorus: 20.99mg (2.1%), Potassium: 70.23mg (2.01%), Magnesium: 6.3mg (1.58%), Iron: 0.28mg (1.54%), Copper: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.01%)