



Sparkling Strawberry-Lemonade Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



250 min.

SERVINGS



10

CALORIES



124 kcal

Ingredients

- ☐ 5 cups lemon lime soda
- ☐ 12 oz lemonade concentrate frozen organic thawed cascadian farm® canned
- ☐ 10 oz strawberries frozen organic thawed cascadian farm®
- ☐ 1 cup water

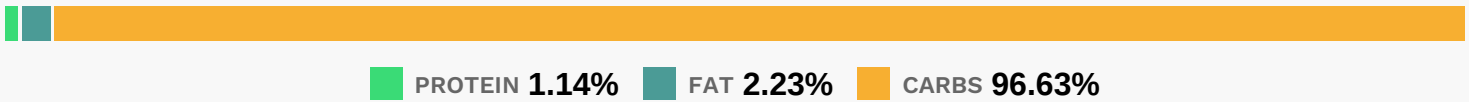
Equipment

- ☐ 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



Properties

Glycemic Index:4, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:2.1839130783211%

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: 124.13kcal (6.21%), Fat: 0.32g (0.5%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.78g (11.19%), Sugar: 28.55g (31.72%), Cholesterol: 0mg (0%), Sodium: 15.65mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 0.37g (0.74%), Vitamin C: 21.13mg (25.61%), Manganese: 0.11mg (5.69%), Fiber: 0.67g (2.68%), Folate: 9.19µg (2.3%), Potassium: 69.05mg (1.97%), Magnesium: 7.48mg (1.87%), Copper: 0.02mg (1.09%), Vitamin B6: 0.02mg (1.01%)