



Strawberry, Gin, Campari and Lime Slushito



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



778 kcal

BEVERAGE

DRINK

Ingredients



2 ounces campari



4 servings basil fresh



6 ounces hendrick's gin dry



3 ounces juice of lime fresh (from 4 to 6 limes)



1 quart simple syrup glaze (see note above)

Equipment

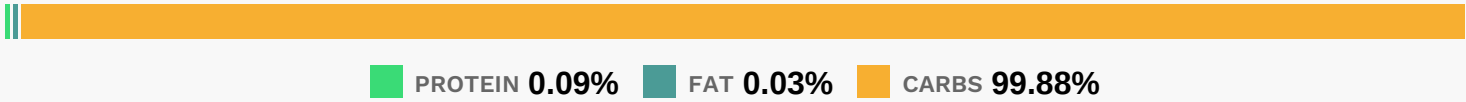


blender

Directions

- ☐ Place the strawberries and simple syrup in a sealable container.
- ☐ Let sit overnight in refrigerator. Crush berries lightly into syrup, then strain.
- ☐ Combine 5 ounces strawberry syrup, gin, Campari, lime juice, and 1 quart ice in the jar of a blender. Blend until ice is completely broken up and the mixture is smooth.
- ☐ Divide mixture between 4 serving glasses.
- ☐ Garnish each glass with a basil leaf.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:5.618695554526%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 778.28kcal (38.91%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 178.71g (59.57%), Net Carbohydrates: 178.59g (64.94%), Sugar: 173.55g (192.83%), Cholesterol: 0mg (0%), Sodium: 138.15mg (6.01%), Alcohol: 17.42g (100%), Alcohol %: 6.98% (100%), Protein: 0.15g (0.3%), Iron: 8.62mg (47.87%), Vitamin B1: 0.32mg (21.07%), Vitamin B2: 0.15mg (8.73%), Vitamin C: 6.74mg (8.17%), Vitamin K: 8.43µg (8.03%), Magnesium: 26.64mg (6.66%), Potassium: 180.68mg (5.16%), Calcium: 37.27mg (3.73%), Copper: 0.07mg (3.48%), Zinc: 0.5mg (3.33%), Phosphorus: 24.72mg (2.47%), Selenium: 1.68µg (2.4%), Vitamin A: 116.13IU (2.32%), Manganese: 0.03mg (1.72%), Vitamin B3: 0.29mg (1.45%)