



Strawberry-Hard Lemonade Slush

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



255 min.

SERVINGS



23

CALORIES



272 kcal

DESSERT

Ingredients

- 1 box strawberry gelatin (4-serving size)
- 1 cup water boiling
- 20 oz strawberries light frozen thawed
- 4 cups strawberries fresh hulled
- 12 oz lemonade concentrate frozen thawed canned
- 0.5 cup sugar
- 11.2 oz coca-cola 5% hard
- 67.2 oz rum 5% hard chilled (2 liters)

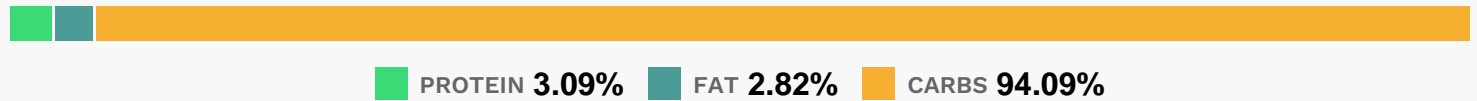
Equipment

- food processor
- glass baking pan

Directions

- In 13x9-inch (3-quart) glass baking dish, place gelatin; pour boiling water on gelatin; stir until gelatin is dissolved.
- In food processor, place strawberries in syrup, fresh strawberries, lemonade concentrate and sugar. Cover; process until smooth.
- Pour into gelatin. Stir in 1 bottle hard lemonade. Freeze 4 to 6 hours or overnight until slush consistency, stirring after 2 hours.
- To serve, spoon 1/2 cup slush mixture into each glass; pour 1/3 cup hard lemonade over each. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:5, Inflammation Score:-4, Nutrition Score:3.3356521774245%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg 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: 12.35mg, Pelargonidin: 12.35mg, Pelargonidin: 12.35mg, Pelargonidin: 12.35mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg 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 Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 272.16kcal (13.61%), Fat: 0.27g (0.41%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 19.15g (6.97%), Sugar: 17.77g (19.74%), Cholesterol: 0mg (0%), Sodium: 20.69mg (0.9%), Alcohol: 27.67g (100%), Alcohol %: 19.54% (100%), Protein: 0.66g (1.33%), Vitamin C: 31.16mg (37.77%), Manganese: 0.21mg (10.48%), Fiber: 1.04g (4.15%), Folate: 13.07µg (3.27%), Potassium: 88.96mg (2.54%), Copper: 0.05mg (2.48%), Phosphorus: 22.87mg (2.29%), Magnesium: 7.67mg (1.92%), Iron: 0.27mg (1.51%), Vitamin B6: 0.03mg (1.36%), Vitamin B1: 0.02mg (1.33%), Vitamin B3: 0.22mg (1.1%), Vitamin K: 1.12µg (1.07%), Vitamin E: 0.16mg (1.05%)