



Strawberry-Hard Lemonade Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



255 min.

SERVINGS



23

CALORIES



329 kcal

DESSERT

Ingredients

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

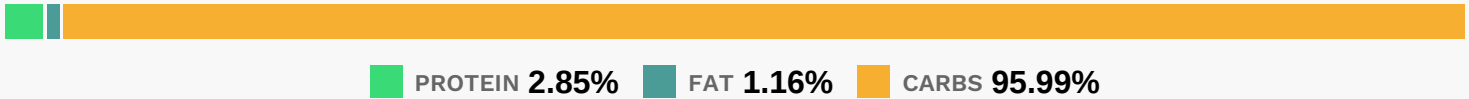
Equipment

- ☐ 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:8.18, Glycemic Load:4.44, Inflammation Score:-3, Nutrition Score:1.9591304632309%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.22mg, Pelargonidin: 6.22mg, Pelargonidin: 6.22mg, Pelargonidin: 6.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 328.86kcal (16.44%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 35.95g (13.07%), Sugar: 31.24g (34.71%), Cholesterol: 0mg (0%), Sodium: 37.95mg (1.65%), Alcohol: 27.67g (100%), Alcohol %: 19.54% (100%), Protein: 1.09g (2.17%), Vitamin C: 16.66mg (20.2%), Manganese: 0.11mg (5.72%), Calcium: 22.22mg (2.22%), Fiber: 0.55g (2.18%), Copper: 0.04mg (1.89%), Folate: 7.16µg (1.79%), Phosphorus: 16.95mg (1.7%), Potassium: 51.24mg (1.46%), Magnesium: 4.47mg (1.12%)