



## Strawberry-Lemonade Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

DESSERT

### Ingredients

- 4 cups ice cubes
- 1.5 cups juice of lemon fresh ( 6 to 9 medium lemons)
- 32 ounce strawberries fresh sliced
- 1.5 cups sugar
- 2 cups water

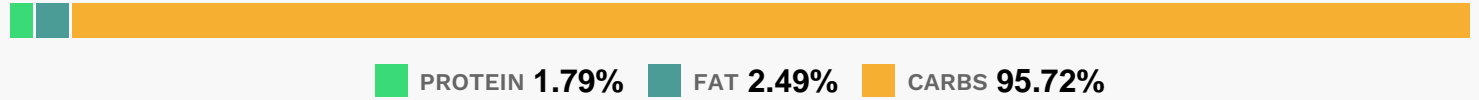
### Equipment

- blender

# Directions

- Stir together sliced strawberries and sugar; let stand 30 minutes.
- Process half of strawberry mixture, 1 cup water, 3/4 cup lemon juice, and 2 cups ice in a blender until smooth. Repeat procedure with remaining ingredients.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:27.52, Glycemic Load:57.51, Inflammation Score:-7, Nutrition Score:11.831739182058%

# Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg, Eriodictyol: 4.47mg Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg, Hesperetin: 13.24mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

# Nutrients (% of daily need)

Calories: 381.45kcal (19.07%), Fat: 1.14g (1.75%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 98.43g (32.81%), Net Carbohydrates: 93.62g (34.04%), Sugar: 88.25g (98.05%), Cholesterol: 0mg (0%), Sodium: 21.68mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 168.77mg (204.57%), Manganese: 0.89mg (44.47%), Fiber: 4.81g (19.24%), Folate: 72.73µg (18.18%), Potassium: 442.74mg (12.65%), Magnesium: 38.52mg (9.63%), Copper: 0.19mg (9.28%), Vitamin B6: 0.15mg (7.43%), Phosphorus: 61.75mg (6.18%), Iron: 1.04mg (5.78%), Calcium: 53.17mg (5.32%), Vitamin E: 0.8mg (5.3%), Vitamin B1: 0.08mg (5.09%), Vitamin B3: 0.96mg

(4.79%), Vitamin K: 4.99µg (4.75%), Vitamin B2: 0.08mg (4.58%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.41mg (2.71%),  
Selenium: 1.45µg (2.07%)