

Strawberry Lemonade Slushie

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



56 kcal

Ingredients

- 3 cups ice cubes
- 0.3 cup drink mix dry lemonade-flavored
- 1 cup strawberries
- 0.5 cup water

Equipment

- blender

Directions

- Stir water and lemonade mix together in a cup until the mix dissolves.
- Combine ice cubes and strawberries in a blender.
- Pour lemonade mixture into the blender. Blend on high for 10 seconds. Stop blender and stir with a spoon. Blend again until smooth, about 5 seconds more.

Nutrition Facts

PROTEIN 12.02% **FAT 17.2%** **CARBS 70.78%**

Properties

Glycemic Index:10, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:3.8165217845336%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 56.1kcal (2.81%), Fat: 1.1g (1.69%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.45g (3.44%), Sugar: 6.72g (7.47%), Cholesterol: 2.5mg (0.83%), Sodium: 52.9mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 21.47mg (26.02%), Manganese: 0.16mg (8.18%), Vitamin B2: 0.1mg (6.1%), Phosphorus: 45.93mg (4.59%), Calcium: 43.01mg (4.3%), Magnesium: 16.44mg (4.11%), Vitamin B1: 0.06mg (4.08%), Potassium: 134.04mg (3.83%), Copper: 0.07mg (3.56%), Vitamin B3: 0.69mg (3.43%), Folate: 13.43µg (3.36%), Vitamin B6: 0.06mg (2.98%), Fiber: 0.73g (2.92%), Selenium: 1.85µg (2.65%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.35µg (1.29%), Iron: 0.22mg (1.23%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.1%)