



Strawberry Lime Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



154 kcal

DESSERT

Ingredients



8 cups strawberries fresh



3 cups ice crushed



0.5 cup powdered sugar



0.3 cup juice of lime

Equipment



food processor

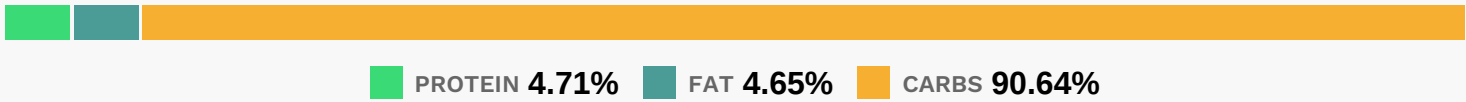


blender

Directions

- ☐ Set aside 4 strawberries for garnish if desired.
- ☐ Remove and discard caps from remaining strawberries.
- ☐ Place ice and 2 pints strawberries in blender or food processor. Cover and blend on high speed about 30 seconds, stopping blender occasionally to scrape sides, until almost smooth.
- ☐ Pour into 2-quart pitcher.
- ☐ Place remaining 2 pints strawberries, the powdered sugar and lime juice in blender or food processor. Cover and blend on high speed about 30 seconds or until almost smooth.
- ☐ Pour into mixture in pitcher; stir.
- ☐ Pour into glasses.
- ☐ Garnish with whole strawberries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:6.54, Inflammation Score:-7, Nutrition Score:12.63173916288%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 154.29kcal (7.71%), Fat: 0.87g (1.35%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 32.54g (11.83%), Sugar: 29.01g (32.23%), Cholesterol: 0mg (0%), Sodium: 12.35mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Vitamin C: 173.88mg (210.77%), Manganese: 1.12mg (55.75%), Fiber: 5.82g (23.28%), Folate: 70.63µg (17.66%), Potassium: 458.64mg (13.1%), Magnesium: 40.42mg (10.11%), Copper: 0.17mg (8.59%), Phosphorus: 71.24mg (7.12%), Vitamin B6: 0.14mg (7.06%), Iron: 1.2mg (6.69%), Vitamin K: 6.43µg (6.12%), Vitamin E: 0.87mg (5.79%), Vitamin B3: 1.13mg (5.67%), Calcium: 53.67mg (5.37%), Vitamin B1: 0.07mg (4.86%), Vitamin B2: 0.07mg (4.03%), Vitamin B5: 0.38mg (3.79%), Zinc: 0.43mg (2.9%), Selenium: 1.26µg (1.8%)