



Strawberry-Lime Slushie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



97 kcal

Ingredients



2 cups ice cubes



1 cup lime sorbet



2 tablespoons juice of lime fresh



0.3 cup orange juice



2 cups strawberry sorbet



0.3 cup strawberries sliced

Equipment



blender

Directions

☐ Place strawberry and lime sorbets, lime juice, strawberries, orange juice, and ice cubes in a blender and puree until smooth.

Nutrition Facts



PROTEIN 6.33% **FAT 3.85%** **CARBS 89.82%**

Properties

Glycemic Index:24.8, Glycemic Load:1.29, Inflammation Score:-1, Nutrition Score:2.0639130512009%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 97.48kcal (4.87%), Fat: 0.42g (0.65%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.1g (7.31%), Sugar: 14.44g (16.04%), Cholesterol: 0mg (0%), Sodium: 49.92mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 17.82mg (21.6%), Fiber: 1.99g (7.97%), Copper: 0.04mg (1.91%), Folate: 7.58µg (1.9%), Potassium: 62.42mg (1.78%), Manganese: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.34%), Calcium: 12.53mg (1.25%), Magnesium: 4.88mg (1.22%)