

Strawberry-Rhubarb Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



500 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- 2 liters lemon lime soda chilled
- 12 ounces lemon lime soda canned
- 16 ounces rhubarb frozen
- 16 servings strawberries fresh sliced
- 20 ounces strawberries sweetened frozen thawed
- 1 cup sugar
- 1.5 cups vodka

Equipment

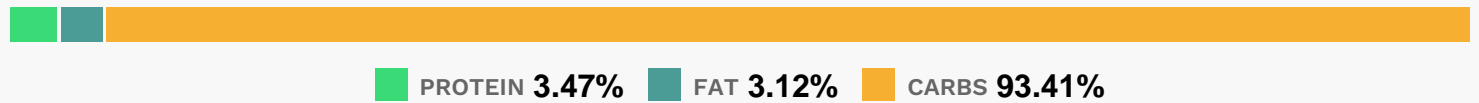
sauce pan

blender

Directions

- Heat rhubarb and sugar to boiling in 3-quart saucepan over medium heat, stirring occasionally. Cook 8 to 10 minutes, stirring occasionally, until rhubarb is very tender. Stir in strawberries.
- Spoon half of the strawberry mixture into blender. Cover and blend on high speed until smooth.
- Pour into large nonmetal container. Cover and blend remaining strawberry mixture; add to container. Stir in vodka and 12-ounce can of carbonated beverage. Freeze at least 8 hours until frozen and slushy.
- For each serving, stir together 1/2 cup frozen mixture and 1/2 cup chilled carbonated beverage in tall glass until slushy.
- Garnish with strawberry slices.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:12.9, Inflammation Score:-6, Nutrition Score:10.426956534386%

Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 44.59mg, Pelargonidin: 44.59mg, Pelargonidin: 44.59mg, Pelargonidin: 44.59mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg Gallocatechin:

0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 223.31kcal (11.17%), Fat: 0.63g (0.98%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 38.63g (14.05%), Sugar: 36.43g (40.48%), Cholesterol: 0mg (0%), Sodium: 17.87mg (0.78%), Alcohol: 7.51g (100%), Alcohol %: 2.45% (100%), Caffeine: 21.89mg (7.3%), Protein: 1.59g (3.18%), Vitamin C: 107.78mg (130.64%), Manganese: 0.75mg (37.43%), Fiber: 4.1g (16.4%), Vitamin K: 12.25µg (11.67%), Folate: 45.05µg (11.26%), Potassium: 358.12mg (10.23%), Magnesium: 28.19mg (7.05%), Calcium: 56.13mg (5.61%), Phosphorus: 48.16mg (4.82%), Copper: 0.1mg (4.76%), Iron: 0.84mg (4.64%), Vitamin B6: 0.09mg (4.56%), Vitamin B3: 0.8mg (4%), Vitamin E: 0.6mg (3.98%), Vitamin B1: 0.05mg (3.32%), Vitamin B2: 0.05mg (3.05%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.3mg (1.97%), Selenium: 1.1µg (1.58%), Vitamin A: 50.45IU (1.01%)