



## Strawberry-Rhubarb Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



500 min.

SERVINGS



16

CALORIES



174 kcal

DESSERT

### Ingredients

- 16 ounces rhubarb frozen
- 1 cup sugar
- 20 ounces strawberries sweetened frozen thawed
- 1.5 cups vodka
- 12 ounces coca-cola canned
- 2 liters coca-cola chilled
- 1 serving strawberries fresh sliced

### 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



**PROTEIN 2.03%** **FAT 1.8%** **CARBS 96.17%**

## Properties

Glycemic Index:19.01, Glycemic Load:18.63, Inflammation Score:-3, Nutrition Score:3.9304346856864%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.04mg, Pelargonidin: 11.04mg, Pelargonidin: 11.04mg, Pelargonidin: 11.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 174.28kcal (8.71%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.7g (10.8%), Sugar: 28.05g (31.17%), Cholesterol: 0mg (0%), Sodium: 7.77mg (0.34%), Alcohol: 7.51g (100%), Alcohol %: 3.75% (100%), Caffeine: 11.68mg (3.89%), Protein: 0.65g (1.31%), Vitamin C: 28.4mg (34.42%), Manganese: 0.23mg (11.53%), Vitamin K: 9.28µg (8.84%), Fiber: 1.4g (5.6%), Potassium: 153.03mg (4.37%), Calcium: 34.53mg (3.45%), Folate: 12.65µg (3.16%), Phosphorus: 30.35mg (3.04%), Iron: 0.41mg (2.3%), Magnesium: 9.18mg (2.29%), Copper: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.38%), Vitamin E: 0.21mg (1.37%), Vitamin B2: 0.02mg (1.31%), Vitamin B3: 0.26mg (1.28%), Vitamin B1: 0.02mg (1.16%), Selenium: 0.71µg (1.02%)