



Strawberry Tea Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



173 kcal

DESSERT

Ingredients



1 cup ice cubes



6 ounce lemonade concentrate frozen canned



0.3 cup powdered sugar



1.5 cups strawberries frozen



4 regular-size tea bags



2 cups water boiling

Equipment

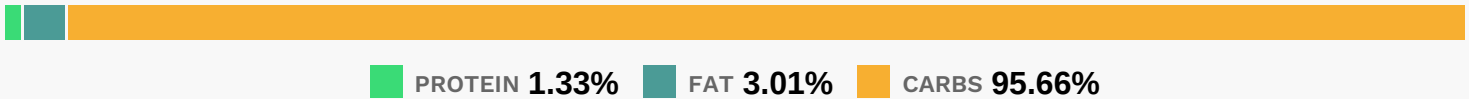


blender

Directions

- ☐ Pour 2 cups boiling water over tea bags. Cover and steep 5 minutes.
- ☐ Remove tea bags. Chill at least 1 hour.
- ☐ Process chilled tea, frozen strawberries, and remaining ingredients in a blender until smooth and slushy.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:5.1630434568809%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 173.07kcal (8.65%), Fat: 0.61g (0.94%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 42.19g (15.34%), Sugar: 38.53g (42.81%), Cholesterol: 0mg (0%), Sodium: 16.72mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 49.76mg (60.32%), Manganese: 0.29mg (14.28%), Fiber: 1.61g (6.44%), Folate: 21.25µg (5.31%), Potassium: 151.18mg (4.32%), Copper: 0.08mg (4.02%), Magnesium: 15.69mg (3.92%), Calcium: 22.69mg (2.27%), Vitamin B6: 0.05mg (2.26%), Phosphorus: 21.25mg (2.12%), Iron: 0.35mg (1.96%), Vitamin B1: 0.03mg (1.91%), Vitamin E: 0.26mg (1.73%), Vitamin B3: 0.34mg (1.7%), Vitamin K: 1.7µg (1.62%), Vitamin B5: 0.16mg (1.55%), Vitamin B2: 0.02mg (1.04%)