



Summer Camp Slushy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

Ingredients

- ☐ 1 cup campari
- ☐ 4 cups ice cubes (with the grater blade of a food processor) shaved

Equipment

- ☐ ice cream scoop

Directions

- ☐ Chill Campari in a small pitcher. Using an ice cream scoop, pack approximately 1 cup shaved ice into a paper snow cone cup (or cocktail glass), then drizzle with a quarter of the chilled Campari. Repeat with remaining ice.

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 100%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.14565217106239%

Nutrients (% of daily need)

Calories: 157.53kcal (7.88%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.93g (5.79%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 11.83mg (0.51%), Alcohol: 13.39g (100%), Alcohol %: 5.74% (100%), Protein: 0g (0%), Copper: 0.04mg (1.89%)