

Tropical Fruit Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



132 kcal

Ingredients



1 cup guava blend juice



3 cups ice crushed



1 cup pepperoncini pepper juice



1 pint passion fruit rum



1 cup passion fruit rum



7 servings star fruit sliced

Equipment

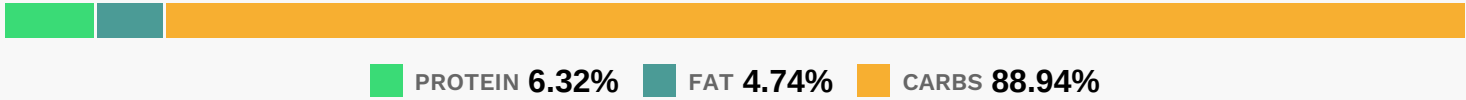


blender

Directions

- ☐
- Process sorbet, guava juice, papaya juice, rum, and crushed ice in a 7-cup blender until smooth.
- ☐
- Garnish, if desired.
- ☐
- Note: If using a 5-cup blender, prepare recipe in batches.

Nutrition Facts



Properties

Glycemic Index:19.54, Glycemic Load:5.57, Inflammation Score:-8, Nutrition Score:8.2886956852415%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 131.74kcal (6.59%), Fat: 0.76g (1.17%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 21.08g (7.66%), Sugar: 18.59g (20.65%), Cholesterol: 0mg (0%), Sodium: 36.29mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin C: 39.48mg (47.86%), Fiber: 10.91g (43.66%), Vitamin A: 1289.64IU (25.79%), Potassium: 424.74mg (12.14%), Iron: 1.66mg (9.25%), Vitamin B2: 0.14mg (8.11%), Magnesium: 32.27mg (8.07%), Vitamin B3: 1.55mg (7.75%), Phosphorus: 71.49mg (7.15%), Copper: 0.11mg (5.45%), Vitamin B6: 0.11mg (5.39%), Folate: 14.3µg (3.58%), Calcium: 18.06mg (1.81%), Manganese: 0.03mg (1.33%)