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Route 44 Sour Blue Raspberry Slush

A refreshing and tangy slush made with sour blue raspberry flavor, perfect for hot summer days.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

8 oz	blue raspberry syrup
4 c	Ice
2 c	Water
2 tbsp	Lemon juice
4 tbsp	Sugar

Directions

Step 1

Blender

In a blender, combine blue raspberry syrup, ice, water, lemon juice, and sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and slushy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into glasses and serve immediately.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 31 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	31 g	56.36%	62%
Fibers	0 g	0%	0%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue

Cuisines

Italian

Meal Type

Breakfast Lunch Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat High Fiber

Kitchen Tools

Slow Cooker

Course

Appetizers Drinks Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali

Difficulty Level

Easy

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