



Healthdor

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Small Atomic Lemon Slush ♦

A refreshing lemon slush that will cool you down on a hot summer day.

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

| | |
|--------|-------------|
| 250 ml | Lemon juice |
| 100 g | sugar |
| 250 ml | Water |
| 200 g | ice cubes |

Directions

Step 1

Blender

In a blender, combine lemon juice, sugar, water, and ice cubes.

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: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 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 | 13 g | 23.64% | 26% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 12 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 | 25 mg | 27.78% | 33.33% |
| 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 | 0 mg | 0% | 0% |
| Calcium | 0 mg | 0% | 0% |
| Iron | 0 mg | 0% | 0% |
| Potassium | 0 mg | 0% | 0% |
| Zinc | 0 mg | 0% | 0% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Halloween Valentine's Day Father's Day Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Cuisines

Italian Indian Mexican French Thai Japanese Mediterranean
Spanish

Meal Type

Snack Supper

Difficulty Level

Easy

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