



Healthdor

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## Large Sour Blue Raspberry Slush ♦♦

A refreshing and tangy slush made with sour blue raspberry flavor.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 1

**Serving Size:** 500 g

### Ingredients

6 oz	sour blue raspberry syrup
4 c	Ice
2 c	Water

### Directions

## Step 1

Blender

In a blender, combine the sour blue raspberry syrup, ice, and water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Blend until the mixture is smooth and slushy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Pour into a large glass and serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 50 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	50 g	90.91%	100%
Fibers	0 g	0%	0%
Sugars	50 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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%
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

### Events

Thanksgiving

Barbecue

### Course

Drinks

Sauces & Dressings

### Cooking Method

Whipping

### Meal Type

Lunch

Snack

### Difficulty Level

Easy

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