

# Helen's Peach Schnapps Frozen Slush

Helen Ferguson - Vero Beach, FL  
Scripps Treasure Coast Newspapers

## Yield: 1/2 gallon

1 cup boiling water  
2 tea bags  
3/4 cup sugar  
3 1/2 cups cold water  
1 can (12 ounce) orange juice concentrate  
3/4 cup peach schnapps

In a large freezer-proof container, steep the tea bags in the boiling water for 2 to 3 minutes.

Remove the tea bags. Add the sugar and stir.

Add the remaining ingredients.

Freeze until firm.

To serve, scrape the slush into a glass.

*This recipe needs to be made in a container with a wide top.*

---

Per Serving (excluding unknown items): 591 Calories; 0g Fat (0.0% calories from fat); trace Protein; 152g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 39mg Sodium. Exchanges: 10 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	591
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	99.7%
% Calories from Protein:	0.3%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	152g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	39mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	1mg
Caffeine (mg):	183mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

**Potassium (mg):** 280mg  
**Calcium (mg):** 25mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 10

## Nutrition Facts

### Amount Per Serving

**Calories** 591 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	39mg	2%
<b>Total Carbohydrates</b>	152g	51%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
<hr/>		
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		3%
<b>Iron</b>		2%

*\* Percent Daily Values are based on a 2000 calorie diet.*