

# Sparkling Fruit Slushies

*Publix Aprons Simple Meals*

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## Servings: 4

*1 (one cup) ripe mango, seeded, peeled and coarsely chopped*  
*8 strawberries, halved*  
*1 cup small ice cubes OR crushed ice*  
*1/2 cup pineapple-orange-banana juice OR orange juice*  
*3/4 cup lime-flavored sparkling water*

In a blender, combine the mango, strawberries, ice and juice.

Cover and blend until smooth.

Fill the glasses 3/4 full. Top each with sparkling water and stir.

Serve immediately.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 7 Calories; trace Fat (9.0% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Beverages

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	7
<b>% Calories from Fat:</b>	9.0%
<b>% Calories from Carbohydrates:</b>	84.0%
<b>% Calories from Protein:</b>	7.0%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	0g
<b>Monounsaturated Fat (g):</b>	0g
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	2g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	trace

<b>Vitamin B6 (mg):</b>	0mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	0mg
<b>Riboflavin B2 (mg):</b>	0mg
<b>Folacin (mcg):</b>	4mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refused:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0

**Potassium (mg):** 40mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 6IU  
**Vitamin A (r.e.):** 1/2RE

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 7 Calories from Fat: 1

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat 0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	2g	1%
	Dietary Fiber 1g	2%
<b>Protein</b>	trace	

<b>Vitamin A</b>		0%
<b>Vitamin C</b>		23%
<b>Calcium</b>		0%
<b>Iron</b>		0%

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