



Citrus Sunshine Sodas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups citrus ice milk
- 4 cups lemon-lime carbonated beverage chilled divided
- 0.3 cup orange juice concentrate thawed
- 8 ounce pineapple unsweetened crushed undrained canned

Equipment

- blender

Directions

- Combine orange juice and pineapple in a blender, and process until smooth. Spoon 3 tablespoons orange juice mixture into each of 6 tall glasses. Spoon 1/2 cup Citrus Ice Milk into each glass.
- Add 2/3 cup carbonated beverage to each glass.
- Serve immediately.

Nutrition Facts

PROTEIN 2.27% **FAT 0.59%** **CARBS 97.14%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.5439130586127%

Nutrients (% of daily need)

Calories: 104.7kcal (5.23%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 25.83g (9.39%), Sugar: 24.94g (27.71%), Cholesterol: 0mg (0%), Sodium: 22.85mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 0.62g (1.24%), Vitamin C: 20.71mg (25.1%), Vitamin B1: 0.07mg (4.74%), Potassium: 122.88mg (3.51%), Copper: 0.07mg (3.32%), Magnesium: 12.57mg (3.14%), Vitamin B6: 0.06mg (2.96%), Folate: 11µg (2.75%), Fiber: 0.61g (2.44%), Calcium: 17.24mg (1.72%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.26mg (1.3%), Vitamin A: 63.75IU (1.27%)