



Creamy Orange Citrus Breeze

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 6 cups orange juice cold divided
- 1.5 cups cool whip lite whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Add 3 cups orange juice to pudding mix in large bowl; beat with whisk 2 min.
- Stir in COOL WHIP, then remaining juice.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:7.89, Inflammation Score:-5, Nutrition Score:6.869130415761%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg Naringenin: 3.18mg, Naringenin: 3.18mg, Naringenin: 3.18mg, Naringenin: 3.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 102.9kcal (5.15%), Fat: 1.78g (2.74%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 20.47g (7.44%), Sugar: 17.4g (19.34%), Cholesterol: 0.22mg (0.08%), Sodium: 27.59mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 74.4mg (90.18%), Folate: 44.98µg (11.24%), Vitamin B1: 0.14mg (9.08%), Potassium: 309.53mg (8.84%), Vitamin A: 305.92IU (6.12%), Magnesium: 17.16mg (4.29%), Phosphorus: 33.68mg (3.37%), Copper: 0.07mg (3.36%), Vitamin B2: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.61mg (3.03%), Vitamin B5: 0.28mg (2.83%), Calcium: 24.5mg (2.45%), Iron: 0.31mg (1.73%), Fiber: 0.31g (1.26%), Manganese: 0.02mg (1.05%)