



Creamy Orange Glorious

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



246 kcal

SIDE DISH

Ingredients

- 20 fluid ounces carbonated water
- 0.3 cup confectioners' sugar
- 1 pint heavy cream
- 15 cubes ice cubes
- 16 ounce orange juice concentrate frozen canned
- 2.5 teaspoons vanilla extract

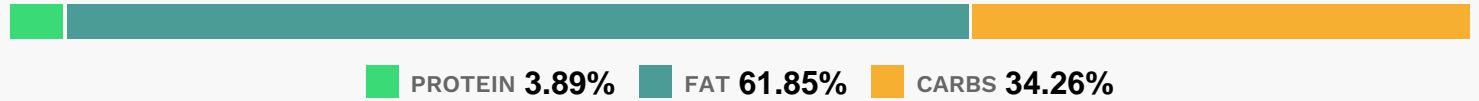
Equipment

- blender

Directions

- In a blender, combine orange juice concentrate, cream, carbonated water, confectioners' sugar, vanilla and ice. Blend until smooth.
- Pour into glasses and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:8.1221738950066%

Nutrients (% of daily need)

Calories: 246.45kcal (12.32%), Fat: 17.2g (26.45%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.98g (7.63%), Sugar: 18.89g (20.99%), Cholesterol: 53.47mg (17.82%), Sodium: 29.59mg (1.29%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 2.43g (4.87%), Vitamin C: 66.05mg (80.07%), Vitamin A: 867.48IU (17.35%), Vitamin B2: 0.17mg (10%), Potassium: 333mg (9.51%), Folate: 36.82µg (9.2%), Vitamin B1: 0.13mg (8.95%), Vitamin B6: 0.13mg (6.74%), Phosphorus: 55.17mg (5.52%), Calcium: 52.2mg (5.22%), Vitamin D: 0.76µg (5.05%), Magnesium: 20.11mg (5.03%), Vitamin E: 0.71mg (4.72%), Vitamin B5: 0.38mg (3.75%), Vitamin B3: 0.53mg (2.64%), Selenium: 1.63µg (2.32%), Copper: 0.04mg (1.99%), Fiber: 0.45g (1.81%), Zinc: 0.25mg (1.66%), Vitamin K: 1.7µg (1.61%), Manganese: 0.03mg (1.26%), Vitamin B12: 0.08µg (1.26%), Iron: 0.21mg (1.15%)