



Creamy Orange Smoothie

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 cups vanilla yogurt frozen softened
- 1 cup ice cubes
- 2 tsp crystal drink mix light
- 1 cup orange juice cold
- 1 cup water cold

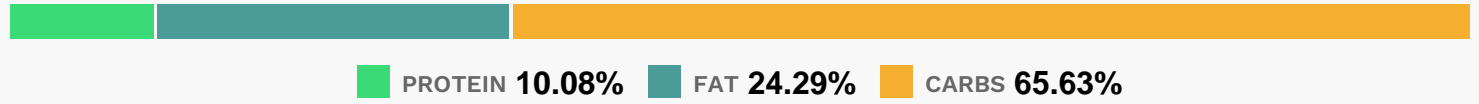
Equipment

- blender

Directions

- Blend all ingredients except ice in blender until smooth.
- Add ice; blend until thickened.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:2.63, Inflammation Score:-4, Nutrition Score:5.7778260837431%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 149.86kcal (7.49%), Fat: 4.12g (6.35%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 24.97g (9.08%), Sugar: 21.99g (24.43%), Cholesterol: 3.17mg (1.06%), Sodium: 89.36mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 25.5mg (30.91%), Vitamin B2: 0.22mg (13.01%), Calcium: 115.69mg (11.57%), Phosphorus: 112.81mg (11.28%), Potassium: 284.41mg (8.13%), Vitamin B1: 0.11mg (7.22%), Magnesium: 22.28mg (5.57%), Folate: 22.2µg (5.55%), Vitamin B5: 0.52mg (5.18%), Vitamin B6: 0.1mg (5.02%), Vitamin A: 240.13IU (4.8%), Selenium: 3.33µg (4.75%), Vitamin B3: 0.8mg (4.02%), Vitamin B12: 0.23µg (3.9%), Copper: 0.08mg (3.84%), Zinc: 0.36mg (2.4%), Iron: 0.33mg (1.84%), Manganese: 0.03mg (1.69%)