

Cremesicle Smoothie



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup ice cubes crushed



1 cup milk



1 cup orange juice

Equipment

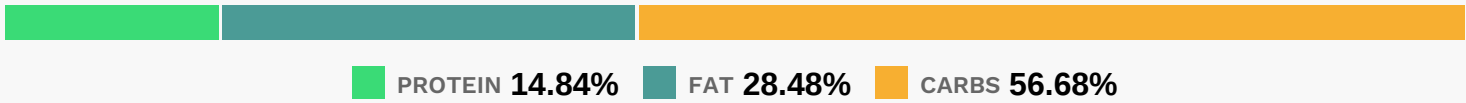


blender

Directions

Blend orange juice, milk, ice, and sugar together in a blender until no large chunks of ice remain.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:5.83, Inflammation Score:-4, Nutrition Score:6.3813042718431%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 86kcal (4.3%), Fat: 2.77g (4.26%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 12.23g (4.45%), Sugar: 10.86g (12.06%), Cholesterol: 9.76mg (3.25%), Sodium: 35.68mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin C: 41.33mg (50.1%), Calcium: 111.5mg (11.15%), Phosphorus: 96.2mg (9.62%), Potassium: 287.33mg (8.21%), Vitamin B2: 0.14mg (8.06%), Vitamin B1: 0.12mg (8%), Vitamin B12: 0.44µg (7.32%), Folate: 24.8µg (6.2%), Vitamin D: 0.89µg (5.96%), Vitamin A: 297.09IU (5.94%), Magnesium: 19.64mg (4.91%), Vitamin B5: 0.46mg (4.6%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.38mg (2.55%), Copper: 0.05mg (2.49%), Selenium: 1.63µg (2.33%), Vitamin B3: 0.42mg (2.08%)