



Cremesicle Smoothie

 Vegetarian  Gluten Free

READY IN

ready

5 min.

SERVINGS

servings

3

CALORIES

calories

91 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- BEVERAGE

Ingredients

- ☐ 1 cup ice cubes crushed
- ☐ 1 cup milk
- ☐ 1 cup orange juice
- ☐ 1 teaspoon sugar white to taste

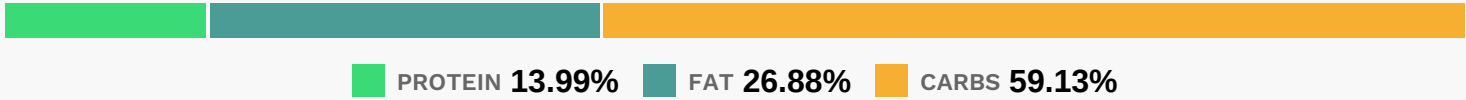
Equipment

- ☐ 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:53.36, Glycemic Load:6.76, Inflammation Score:-4, Nutrition Score:6.3826085976932%

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: 91.13kcal (4.56%), Fat: 2.77g (4.27%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 13.56g (4.93%), Sugar: 12.19g (13.54%), Cholesterol: 9.76mg (3.25%), Sodium: 35.69mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin C: 41.33mg (50.1%), Calcium: 111.51mg (11.15%), Phosphorus: 96.2mg (9.62%), Potassium: 287.36mg (8.21%), Vitamin B2: 0.14mg (8.08%), 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: 1.64µg (2.34%), Vitamin B3: 0.42mg (2.08%)