



Frothy Orange Drink

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup water
- 1 cup milk
- 6 ounces orange juice concentrate frozen thawed canned
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 8 ice cubes

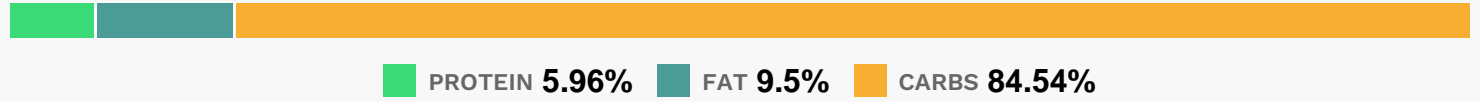
Equipment

- blender

Directions

- In a blender, combine all ingredients; cover and process until thickened and slushy.
- Pour into chilled glasses; serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:18.54, Inflammation Score:-5, Nutrition Score:7.7986955370592%

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 2.14g (3.29%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 42.42g (15.42%), Sugar: 40.64g (45.16%), Cholesterol: 7.32mg (2.44%), Sodium: 30.85mg (1.34%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 3.02g (6.04%), Vitamin C: 61.66mg (74.74%), Potassium: 360.96mg (10.31%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.16mg (9.66%), Calcium: 94.16mg (9.42%), Phosphorus: 87.61mg (8.76%), Folate: 32.74µg (8.19%), Vitamin B6: 0.15mg (7.4%), Magnesium: 23.19mg (5.8%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 259.99IU (5.2%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.33mg (2.2%), Selenium: 1.48µg (2.11%), Copper: 0.04mg (2.11%), Vitamin E: 0.29mg (1.9%), Fiber: 0.43g (1.7%), Manganese: 0.03mg (1.31%)