



Grapesicle

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.5 cup ice cubes
- 1 cup kool-aid grape flavor low calorie drink mix sugar free soft prepared
- 0.5 cup reduced fat milk 2% cold
- 0.5 cup no sugar added vanilla ice cream

Equipment

- blender

Directions

Mix all ingredients in blender container; cover. Blend on high speed 30 seconds or until thickened and smooth.

Nutrition Facts



PROTEIN 13.17% **FAT 26.48%** **CARBS 60.35%**

Properties

Glycemic Index:6.1, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:2.5065217115309%

Nutrients (% of daily need)

Calories: 73.06kcal (3.65%), Fat: 2.15g (3.31%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.97g (3.99%), Sugar: 7.95g (8.83%), Cholesterol: 6.85mg (2.28%), Sodium: 62.04mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Vitamin B2: 0.15mg (8.98%), Phosphorus: 62.54mg (6.25%), Calcium: 60.21mg (6.02%), Vitamin B1: 0.07mg (4.7%), Potassium: 124.4mg (3.55%), Selenium: 2.46µg (3.52%), Magnesium: 13.97mg (3.49%), Vitamin B3: 0.67mg (3.37%), Vitamin B12: 0.19µg (3.14%), Vitamin B6: 0.06mg (2.95%), Folate: 6.67µg (1.67%), Manganese: 0.03mg (1.59%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.23mg (1.51%), Copper: 0.03mg (1.46%), Vitamin A: 67.82IU (1.36%)