



Homemade Orange Julius



Gluten Free



Popular

READY IN



3 min.

SERVINGS



3

CALORIES



230 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tsp vanilla extract
- ☐ 8 ice cubes
- ☐ 0.5 cup powdered sugar
- ☐ 3 servings whipped cream
- ☐ 6 oz orange juice concentrate frozen
- ☐ 1 cup water
- ☐ 1 cup milk

Equipment

☐ blender

Directions

- ☐ Combine all ingredients in blender
- ☐ Blend for about 1-2 minutes
- ☐ Garnish with whipped cream

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:10.567826154439%

Nutrients (% of daily need)

Calories: 229.97kcal (11.5%), Fat: 4.08g (6.27%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 44.08g (16.03%), Sugar: 40.97g (45.52%), Cholesterol: 14.32mg (4.77%), Sodium: 41.69mg (1.81%), Alcohol: 0.48g (100%), Alcohol %: 0.22% (100%), Protein: 4.22g (8.44%), Vitamin C: 82.21mg (99.65%), Potassium: 489.93mg (14%), Vitamin B1: 0.2mg (13.59%), Calcium: 131.49mg (13.15%), Vitamin B2: 0.22mg (12.97%), Phosphorus: 122.16mg (12.22%), Folate: 43.84µg (10.96%), Vitamin B6: 0.2mg (9.99%), Magnesium: 31.59mg (7.9%), Vitamin A: 387.75IU (7.75%), Vitamin B12: 0.46µg (7.61%), Vitamin B5: 0.64mg (6.4%), Vitamin D: 0.92µg (6.12%), Vitamin B3: 0.71mg (3.57%), Zinc: 0.46mg (3.08%), Selenium: 1.98µg (2.82%), Vitamin E: 0.42mg (2.8%), Copper: 0.06mg (2.79%), Fiber: 0.57g (2.27%), Manganese: 0.03mg (1.73%), Iron: 0.2mg (1.13%)