



Honey and Orange Creamsicle Slushy



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

DESSERT

Ingredients

- ☐ 1 cup vanilla almond milk unsweetened
- ☐ 4 tablespoons honey
- ☐ 4 cups ice cubes
- ☐ 1.5 cups simply orange with banana juice
- ☐ 1 teaspoon vanilla extract pure

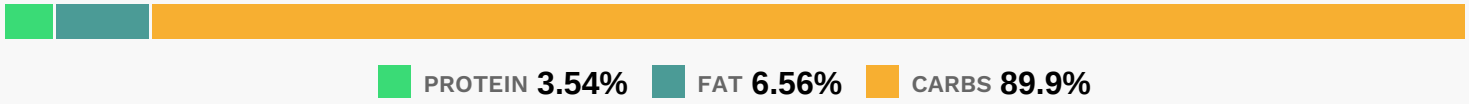
Equipment

- ☐ blender

Directions

- ☐
- Place Simply Orange with Banana Juice into blender along with almond milk, honey, vanilla and ice cubes. Blend for about 15 seconds or until ice is blended into small pieces.
- ☐
- Pour slushy into individual glasses and serve cold.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:5.86, Inflammation Score:-2, Nutrition Score:2.123478250659%

Flavonoids

Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 53.6kcal (2.68%), Fat: 0.42g (0.64%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 11.9g (4.33%), Sugar: 11.87g (13.19%), Cholesterol: 0mg (0%), Sodium: 47mg (2.04%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 0.51g (1.01%), Vitamin C: 18.01mg (21.83%), Calcium: 55.23mg (5.52%), Fiber: 0.92g (3.7%), Folate: 10.34µg (2.58%), Vitamin B1: 0.03mg (1.96%), Potassium: 67.29mg (1.92%), Copper: 0.04mg (1.91%), Vitamin A: 75.94IU (1.52%), Magnesium: 4.83mg (1.21%), Vitamin B6: 0.02mg (1.14%), Vitamin B2: 0.02mg (1.06%)