



Orange and Cream Ice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- 2 tablespoons juice of lemon fresh
- 1 cup milk 2% reduced-fat
- 2 cups orange juice fresh (7 oranges)
- 0.5 teaspoon orange rind finely grated
- 2 tablespoons sugar
- 4 teaspoons sugar
- 0.3 teaspoon vanilla extract

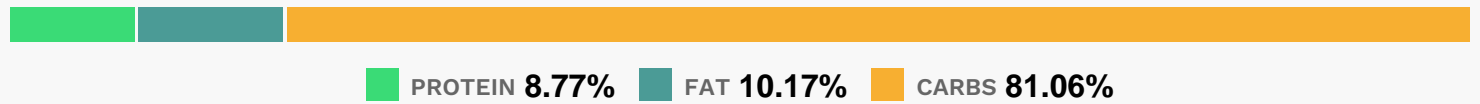
Equipment

- bowl
- baking pan

Directions

- Combine first 4 ingredients in a medium bowl; stir until sugar dissolves.
- Pour into an 11 x 7-inch baking dish. Cover and freeze 45 minutes. Stir with a fork every 45 minutes until completely frozen and slushy (about 3 hours).
- Combine milk, sugar, and vanilla in a small bowl, stirring until sugar dissolves. Cover and freeze 45 minutes. Stir milk mixture with a fork every 30 to 45 minutes until completely frozen and slushy (about 2 hours).
- To serve, remove orange mixture and milk mixture from freezer; stir each mixture with a fork until fluffy. Spoon orange ice into 6 small dishes; top with cream ice.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:9.04, Inflammation Score:-4, Nutrition Score:5.0360869428386%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg, Hesperetin: 10.6mg Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 0.98g (1.5%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 17.34g (6.3%), Sugar: 15.73g (17.48%), Cholesterol: 3.15mg (1.05%), Sodium: 19.45mg (0.85%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 1.9g (3.79%), Vitamin C: 43.57mg (52.82%), Folate: 27.82µg (6.95%), Potassium: 226.28mg (6.47%), Vitamin B1: 0.09mg (6.08%), Vitamin B2: 0.1mg (5.88%), Calcium: 56.95mg (5.69%), Phosphorus: 50.69mg (5.07%), Vitamin A: 206.45IU (4.13%), Vitamin B12: 0.21µg (3.47%), Magnesium: 13.78mg (3.44%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.53%), Copper: 0.04mg (2.01%), Vitamin B3: 0.37mg (1.87%), Selenium: 1.11µg (1.59%), Zinc: 0.23mg (1.56%), Iron: 0.18mg (1.01%)