

Orange Cream Drink

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup apple juice
- 1 banana sliced
- 3 tablespoons honey
- 2 cubes ice cubes
- 2 tablespoons nonfat milk powder dry
- 1 cup orange juice
- 0.5 teaspoon vanilla extract

Equipment

blender

Directions

In a blender combine orange juice, apple juice, honey, vanilla, milk powder, banana and ice cubes. Blend on high speed for 30 seconds.

Serve immediately.

Nutrition Facts



PROTEIN 6.35% **FAT 1.9%** **CARBS 91.75%**

Properties

Glycemic Index:99.9, Glycemic Load:29.44, Inflammation Score:-6, Nutrition Score:11.342608665643%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 262.62kcal (13.13%), Fat: 0.58g (0.89%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 63.34g (21.11%), Net Carbohydrates: 61.37g (22.32%), Sugar: 53.47g (59.41%), Cholesterol: 1.5mg (0.5%), Sodium: 46.49mg (2.02%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 4.38g (8.77%), Vitamin C: 68.36mg (82.86%), Potassium: 673.95mg (19.26%), Vitamin B6: 0.31mg (15.61%), Folate: 53.38µg (13.35%), Vitamin B2: 0.22mg (12.94%), Manganese: 0.25mg (12.58%), Calcium: 118.47mg (11.85%), Vitamin B1: 0.17mg (11.61%), Phosphorus: 112.32mg (11.23%), Magnesium: 41.81mg (10.45%), Vitamin A: 449.8IU (9%), Fiber: 1.97g (7.88%), Vitamin B5: 0.75mg (7.52%), Copper: 0.13mg (6.27%), Vitamin D: 0.82µg (5.5%), Vitamin B3: 1.05mg (5.24%), Vitamin B12: 0.3µg (5.04%), Selenium: 3.08µg (4.39%), Zinc: 0.54mg (3.6%), Iron: 0.63mg (3.52%)