



Orange Cream Floats



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



254 kcal

Ingredients

- ☐ 2 liters ginger ale
- ☐ 6 oz orange juice concentrate frozen thawed canned
- ☐ 0.5 teaspoon vanilla
- ☐ 4 cups whipped cream softened
- ☐ 0.8 cup water

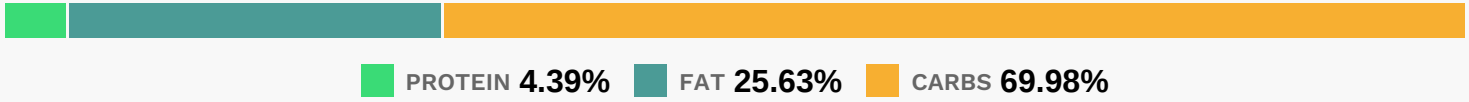
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix ice cream, orange juice concentrate, water, vanilla and food color until almost smooth.
- ☐ For each serving, scoop heaping 1/2 cup ice cream mixture into 16-ounce glass.
- ☐ Pour about 1 cup ginger ale over top of each.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:22.98, Inflammation Score:-4, Nutrition Score:5.8678260225317%

Nutrients (% of daily need)

Calories: 253.6kcal (12.68%), Fat: 7.31g (11.25%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 44.26g (16.1%), Sugar: 42.53g (47.26%), Cholesterol: 29.04mg (9.68%), Sodium: 72.88mg (3.17%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 2.82g (5.64%), Vitamin C: 31.23mg (37.85%), Vitamin B2: 0.2mg (11.52%), Calcium: 100.73mg (10.07%), Phosphorus: 82.28mg (8.23%), Potassium: 267.94mg (7.66%), Vitamin A: 358.44IU (7.17%), Vitamin B1: 0.09mg (5.7%), Vitamin B5: 0.5mg (5.03%), Folate: 19.67µg (4.92%), Magnesium: 19.43mg (4.86%), Vitamin B6: 0.09mg (4.35%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.62mg (4.11%), Copper: 0.08mg (3.82%), Iron: 0.58mg (3.22%), Fiber: 0.67g (2.7%), Manganese: 0.05mg (2.42%), Vitamin E: 0.33mg (2.17%), Selenium: 1.52µg (2.17%), Vitamin B3: 0.31mg (1.55%)