



Orange Cream Shake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup whipped cream light
- 0.5 cup orange sherbet
- 6 tablespoons orange juice fresh (1 orange)
- 0.5 teaspoon orange rind grated
- 0.3 teaspoon vanilla extract

Equipment

- blender

Directions

Place all ingredients in a blender; process until smooth.

Nutrition Facts

 **PROTEIN 9.56%**  **FAT 18.62%**  **CARBS 71.82%**

Properties

Glycemic Index:65.25, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:7.8421739637852%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 18.36mg, Hesperetin: 18.36mg, Hesperetin: 18.36mg, Hesperetin: 18.36mg Naringenin: 7.99mg, Naringenin: 7.99mg, Naringenin: 7.99mg, Naringenin: 7.99mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 182.82kcal (9.14%), Fat: 3.83g (5.89%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 31.76g (11.55%), Sugar: 25.35g (28.17%), Cholesterol: 20.52mg (6.84%), Sodium: 56.81mg (2.47%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.42g (8.84%), Vitamin C: 51.03mg (61.86%), Calcium: 146.83mg (14.68%), Vitamin B2: 0.23mg (13.41%), Vitamin A: 545.83IU (10.92%), Potassium: 343.33mg (9.81%), Phosphorus: 93.39mg (9.34%), Vitamin B1: 0.13mg (8.4%), Folate: 33.51µg (8.38%), Vitamin B12: 0.36µg (5.95%), Fiber: 1.46g (5.85%), Vitamin B5: 0.58mg (5.78%), Magnesium: 20.92mg (5.23%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.61mg (4.09%), Copper: 0.06mg (2.82%), Selenium: 1.8µg (2.57%), Vitamin B3: 0.44mg (2.2%), Iron: 0.3mg (1.64%), Vitamin E: 0.19mg (1.29%), Manganese: 0.02mg (1.17%)