



## Orange Cream Smoothies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- 2 tablespoons cinnamon roasted almonds coarsely chopped
- 1 cup ice cubes
- 1 cup orange sherbet
- 1 teaspoon orange rind grated
- 0.8 cup orange sections fresh ( 1 large orange)
- 1 cup greek yogurt plain 2% reduced-fat
- 0.5 teaspoon vanilla extract

## Equipment

blender

## Directions

Place yogurt in a blender.

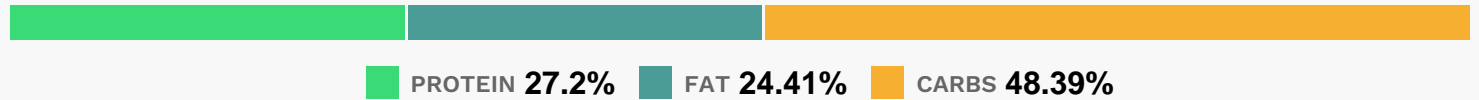
Add orange sherbet, orange rind, orange sections, and vanilla to blender; process until smooth.

Add ice; process until smooth.

Pour into glasses; top evenly with almonds.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:31.67, Glycemic Load:4.26, Inflammation Score:-6, Nutrition Score:10.344347756842%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 28.61mg, Hesperetin: 28.61mg, Hesperetin: 28.61mg Naringenin: 16.11mg, Naringenin: 16.11mg, Naringenin: 16.11mg, Naringenin: 16.11mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 131.18kcal (6.56%), Fat: 3.7g (5.69%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 13.08g (4.76%), Sugar: 12.37g (13.75%), Cholesterol: 3.33mg (1.11%), Sodium: 28.09mg (1.22%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 9.28g (18.55%), Vitamin C: 56.77mg (68.81%), Vitamin B2: 0.31mg (18.03%), Phosphorus: 137.61mg (13.76%), Calcium: 137.45mg (13.74%), Fiber: 3.42g (13.7%), Vitamin E: 1.9mg (12.69%), Selenium: 7.41µg (10.58%), Folate: 39.3µg (9.83%), Potassium: 335.32mg (9.58%), Manganese: 0.19mg (9.31%), Magnesium: 36.85mg (9.21%), Vitamin B1: 0.12mg (8.04%), Vitamin B12: 0.47µg (7.78%), Copper: 0.14mg (7.05%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 241.78IU (4.84%), Zinc: 0.65mg (4.3%), Vitamin B3: 0.69mg (3.43%), Iron: 0.41mg (2.25%)