



Orange Dream Ice Cream Float for Grown-ups



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



218 kcal

Ingredients



1 cup orange juice



1 scoop vegan vanilla ice cream



3 Tablespoons vodka

Equipment



drinking straws

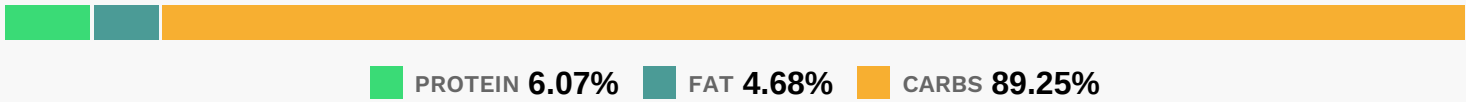
Directions



In a glass, combine the vodka and orange juice. Stir to mix, then add the ice cream.

Serve with a straw and a spoon.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:13.29, Inflammation Score:-8, Nutrition Score:8.959565245182%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 217.62kcal (10.88%), Fat: 0.61g (0.93%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.52g (9.28%), Sugar: 21.04g (23.38%), Cholesterol: 0.44mg (0.15%), Sodium: 3.73mg (0.16%), Alcohol: 15.03g (100%), Alcohol %: 6.48% (100%), Protein: 1.77g (3.54%), Vitamin C: 124.01mg (150.31%), Folate: 74.45µg (18.61%), Vitamin B1: 0.23mg (15.06%), Potassium: 498.44mg (14.24%), Vitamin A: 500.21IU (10%), Magnesium: 27.42mg (6.86%), Copper: 0.11mg (5.69%), Vitamin B6: 0.1mg (4.98%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.48mg (4.77%), Vitamin B2: 0.08mg (4.7%), Phosphorus: 45.46mg (4.55%), Calcium: 28.56mg (2.86%), Iron: 0.5mg (2.79%), Fiber: 0.5g (2.01%), Manganese: 0.03mg (1.74%)