



Orange Frosties

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



362 kcal

Ingredients

- 2 cups ice crushed
- 6 oz orange juice concentrate frozen canned
- 2 cups vanilla

Equipment

- food processor
- blender

Directions

- Place all ingredients in blender or food processor. Cover; blend on high speed 30 to 60 seconds or until smooth and frothy.
- Pour into 4 glasses.
- Serve immediately.

Nutrition Facts

PROTEIN 3.66% **FAT 1.28%** **CARBS 95.06%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.393912922429%

Nutrients (% of daily need)

Calories: 362.46kcal (18.12%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 27.7g (10.07%), Sugar: 25.79g (28.65%), Cholesterol: 0mg (0%), Sodium: 18.25mg (0.79%), Alcohol: 35.78g (100%), Alcohol %: 17.12% (100%), Protein: 1.08g (2.17%), Vitamin C: 61.66mg (74.74%), Manganese: 0.26mg (12.98%), Potassium: 421.4mg (12.04%), Vitamin B2: 0.17mg (10.19%), Vitamin B1: 0.13mg (8.56%), Folate: 32.74µg (8.19%), Magnesium: 28.55mg (7.14%), Vitamin B6: 0.14mg (6.88%), Copper: 0.12mg (5.94%), Vitamin B3: 0.91mg (4.53%), Phosphorus: 32.18mg (3.22%), Vitamin A: 161.17IU (3.22%), Calcium: 31.15mg (3.11%), Vitamin B5: 0.27mg (2.75%), Vitamin E: 0.26mg (1.7%), Fiber: 0.43g (1.7%), Iron: 0.27mg (1.47%), Zinc: 0.19mg (1.3%)