

Orange Glorious I

 Vegetarian  Gluten Free  Popular

READY IN



5 min.

SERVINGS



3

CALORIES



166 kcal

SIDE DISH

Ingredients

- 12 cubes ice cubes
- 1 cup ice water
- 1 cup milk
- 6 ounce orange juice concentrate frozen canned
- 0.3 teaspoon vanilla extract
- 0.1 cup sugar white

Equipment

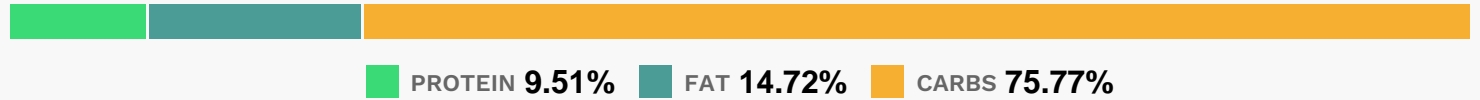
- blender

drinking straws

Directions

- In a blender combine milk, water, orange juice concentrate, ice cubes, vanilla and sugar. Blend until smooth.
- Pour into three 12 oz glasses and enjoy with a straw.

Nutrition Facts



Properties

Glycemic Index:36.03, Glycemic Load:7.26, Inflammation Score:-6, Nutrition Score:10.360869617566%

Nutrients (% of daily need)

Calories: 165.76kcal (8.29%), Fat: 2.77g (4.26%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 31.53g (11.47%), Sugar: 29.11g (32.35%), Cholesterol: 9.76mg (3.25%), Sodium: 41.73mg (1.81%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 4.03g (8.06%), Vitamin C: 82.21mg (99.65%), Potassium: 479.3mg (13.69%), Vitamin B1: 0.2mg (13.43%), Calcium: 125.75mg (12.58%), Vitamin B2: 0.21mg (12.55%), Phosphorus: 116.75mg (11.68%), Folate: 43.66µg (10.91%), Vitamin B6: 0.2mg (9.86%), Magnesium: 30.99mg (7.75%), Vitamin B12: 0.44µg (7.32%), Vitamin A: 346.65IU (6.93%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.89µg (5.96%), Vitamin B3: 0.7mg (3.52%), Zinc: 0.44mg (2.93%), Copper: 0.06mg (2.83%), Selenium: 1.82µg (2.6%), Vitamin E: 0.38mg (2.54%), Fiber: 0.57g (2.27%), Manganese: 0.03mg (1.58%), Iron: 0.19mg (1.06%)