



Orange Glorious II

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

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

Equipment

- blender

Directions

- In a blender, combine orange juice concentrate, milk, water, sugar and vanilla.
- Add ice cubes and blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



PROTEIN 5.96% **FAT 9.5%** **CARBS 84.54%**

Properties

Glycemic Index:27.02, Glycemic Load:18.54, Inflammation Score:-5, Nutrition Score:7.8069563987462%

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 2.14g (3.29%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 42.42g (15.42%), Sugar: 40.64g (45.16%), Cholesterol: 7.32mg (2.44%), Sodium: 31.55mg (1.37%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 3.02g (6.04%), Vitamin C: 61.66mg (74.74%), Potassium: 360.96mg (10.31%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.16mg (9.66%), Calcium: 94.58mg (9.46%), Phosphorus: 87.61mg (8.76%), Folate: 32.74µg (8.19%), Vitamin B6: 0.15mg (7.4%), Magnesium: 23.33mg (5.83%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 259.99IU (5.2%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.53mg (2.66%), Copper: 0.04mg (2.22%), Zinc: 0.33mg (2.21%), Selenium: 1.48µg (2.11%), Vitamin E: 0.29mg (1.9%), Fiber: 0.43g (1.7%), Manganese: 0.03mg (1.31%)