



## Orange Jewel

 **Gluten Free**

READY IN



**5 min.**

SERVINGS



**6**

CALORIES



**297 kcal**

**SIDE DISH**

## Ingredients

- 10 cubes ice cubes
- 1 cup milk
- 6 ounce orange juice concentrate frozen canned
- 0.5 cup sugar
- 6 servings vanilla extract
- 1 pint whipped cream
- 1 cup water cold

## Equipment

blender

## Directions

In a blender, combine orange juice concentrate, milk, water, ice cream, sugar and vanilla. Blend until smooth. Insert ice cubes, and blend until thickened.

Pour into glasses and serve.

## Nutrition Facts



**PROTEIN 6.39%** **FAT 30.42%** **CARBS 63.19%**

## Properties

Glycemic Index:28.18, Glycemic Load:23.37, Inflammation Score:-5, Nutrition Score:8.3165217767591%

## Nutrients (% of daily need)

Calories: 296.65kcal (14.83%), Fat: 10.1g (15.54%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 46.38g (16.87%), Sugar: 43.85g (48.73%), Cholesterol: 39.58mg (13.19%), Sodium: 83.92mg (3.65%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 4.78g (9.55%), Vitamin C: 41.58mg (50.4%), Vitamin B2: 0.3mg (17.6%), Calcium: 163.9mg (16.39%), Phosphorus: 141.23mg (14.12%), Potassium: 398.07mg (11.37%), Vitamin A: 505.34IU (10.11%), Vitamin B1: 0.13mg (8.88%), Vitamin B12: 0.53µg (8.79%), Vitamin B5: 0.77mg (7.69%), Vitamin B6: 0.14mg (6.83%), Magnesium: 26.59mg (6.65%), Folate: 25.77µg (6.44%), Zinc: 0.77mg (5.1%), Vitamin D: 0.61µg (4.03%), Selenium: 2.41µg (3.44%), Fiber: 0.84g (3.34%), Vitamin E: 0.43mg (2.85%), Copper: 0.05mg (2.36%), Vitamin B3: 0.45mg (2.24%), Manganese: 0.02mg (1.23%)