



Orange Jubilee

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 1 cup ice cubes
- ☐ 2.3 cups milk
- ☐ 6 ounce orange juice concentrate frozen undiluted thawed canned
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon vanilla extract

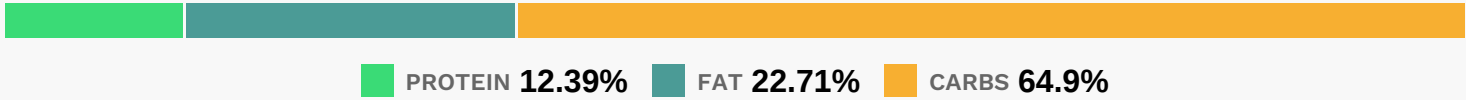
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.44, Inflammation Score:-5, Nutrition Score:10.22826079182%

Nutrients (% of daily need)

Calories: 175.9kcal (8.8%), Fat: 4.5g (6.92%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 28.5g (10.36%), Sugar: 26.63g (29.59%), Cholesterol: 16.47mg (5.49%), Sodium: 58.28mg (2.53%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.52g (11.05%), Vitamin C: 61.66mg (74.74%), Calcium: 186.88mg (18.69%), Phosphorus: 164.59mg (16.46%), Vitamin B2: 0.27mg (15.63%), Potassium: 474.24mg (13.55%), Vitamin B1: 0.19mg (12.92%), Vitamin B12: 0.74µg (12.35%), Vitamin D: 1.51µg (10.07%), Vitamin B6: 0.19mg (9.72%), Folate: 32.74µg (8.19%), Magnesium: 32.01mg (8%), Vitamin A: 383.51IU (7.67%), Vitamin B5: 0.75mg (7.5%), Zinc: 0.64mg (4.25%), Selenium: 2.82µg (4.03%), Vitamin B3: 0.61mg (3.05%), Vitamin E: 0.32mg (2.16%), Copper: 0.04mg (1.84%), Fiber: 0.43g (1.7%), Manganese: 0.03mg (1.37%)