



Orange Mandarin Madness Milk Shake

 **Gluten Free**

READY IN



5 min.

SERVINGS



5

CALORIES



39 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup mandarin orange segments canned drained finely chopped
- 1 cup milk 2%
- 2 Tbsp jell-o orange flavor gelatin

Equipment

Directions

- Pour milk into tall glass.

- Add gelatin; stir several minutes until gelatin is completely dissolved. Stir in oranges.
- Serve immediately.

Nutrition Facts

PROTEIN 18.76% **FAT 21.2%** **CARBS 60.04%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.0030434844287%

Nutrients (% of daily need)

Calories: 39.06kcal (1.95%), Fat: 0.94g (1.45%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.83g (2.12%), Sugar: 5.84g (6.49%), Cholesterol: 3.78mg (1.26%), Sodium: 35.86mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Calcium: 58.24mg (5.82%), Vitamin B2: 0.09mg (5.43%), Vitamin C: 4.37mg (5.29%), Phosphorus: 48.76mg (4.88%), Vitamin A: 213.46IU (4.27%), Vitamin B12: 0.25µg (4.17%), Potassium: 83.41mg (2.38%), Selenium: 1.42µg (2.03%), Vitamin B1: 0.03mg (1.97%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.17mg (1.68%), Magnesium: 6.63mg (1.66%), Vitamin B6: 0.02mg (1.17%)