



Orange Pineapple Drink



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



511 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 scoops orange sherbet
- ☐ 0.7 cup orange juice
- ☐ 2 pineapple ring
- ☐ 0.3 cup pineapple juice

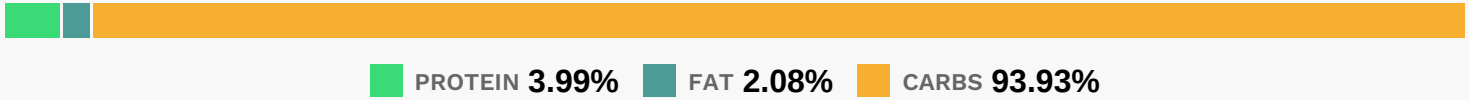
Equipment

- ☐ blender

Directions

- ☐ Place orange juice, pineapple juice, and orange sherbet into a blender, and blend until smooth.
- ☐ Pour into two glasses, and garnish each with a pineapple ring.

Nutrition Facts



Properties

Glycemic Index:99.58, Glycemic Load:68.86, Inflammation Score:-10, Nutrition Score:28.756521701813%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg Naringenin: 2mg, Naringenin: 2mg, Naringenin: 2mg, Naringenin: 2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 511.25kcal (25.56%), Fat: 1.3g (2%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 132.39g (44.13%), Net Carbohydrates: 119.44g (43.43%), Sugar: 100.15g (111.28%), Cholesterol: 0mg (0%), Sodium: 10.66mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin C: 478.65mg (580.19%), Manganese: 8.6mg (429.98%), Vitamin B6: 1.09mg (54.35%), Vitamin B1: 0.81mg (54.23%), Copper: 1.06mg (52.98%), Fiber: 12.95g (51.8%), Folate: 195.23µg (48.81%), Potassium: 1205.63mg (34.45%), Magnesium: 122.56mg (30.64%), Vitamin B3: 4.94mg (24.69%), Vitamin B5: 2.11mg (21.1%), Vitamin B2: 0.32mg (19.02%), Iron: 2.91mg (16.18%), Vitamin A: 695.58IU (13.91%), Calcium: 132.46mg (13.25%), Phosphorus: 89.81mg (8.98%), Zinc: 1.17mg (7.81%), Vitamin K: 6.54µg (6.22%), Vitamin E: 0.22mg (1.5%), Selenium: 1.03µg (1.48%)