



## Orange Sherbet Slushy



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



82 kcal

DESSERT

### Ingredients

- ☐ 6 to 8 ice cubes
- ☐ 0.5 cup milk
- ☐ 0.4 cup orange juice concentrate
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water

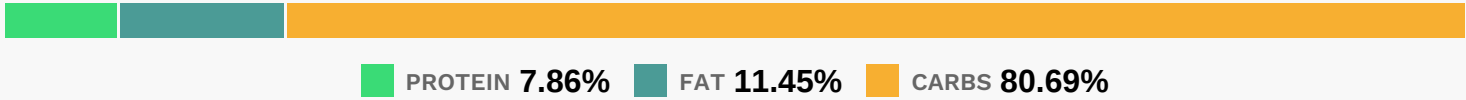
### Equipment

- ☐ blender

# Directions

- ☐ Throw the orange juice, milk, water, sugar and vanilla in the blender and blend.
- ☐ Add the ice cubes 1 at a time, blending to a frothy drink.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:4.73, Inflammation Score:-3, Nutrition Score:4.6169564905374%

## Nutrients (% of daily need)

Calories: 82.25kcal (4.11%), Fat: 1.06g (1.63%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 16.57g (6.03%), Sugar: 15.43g (17.14%), Cholesterol: 3.66mg (1.22%), Sodium: 16.09mg (0.7%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 1.64g (3.28%), Vitamin C: 38.61mg (46.8%), Potassium: 214.08mg (6.12%), Vitamin B1: 0.09mg (6.02%), Vitamin B2: 0.09mg (5.31%), Folate: 20.5µg (5.13%), Calcium: 49.26mg (4.93%), Phosphorus: 47.08mg (4.71%), Vitamin B6: 0.09mg (4.4%), Magnesium: 13.54mg (3.39%), Vitamin A: 150.32IU (3.01%), Vitamin B12: 0.16µg (2.74%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.34µg (2.24%), Vitamin B3: 0.32mg (1.62%), Copper: 0.02mg (1.24%), Vitamin E: 0.17mg (1.17%), Zinc: 0.17mg (1.16%), Fiber: 0.27g (1.07%), Selenium: 0.72µg (1.03%)