

Orange Slush

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



434 kcal

DESSERT

Ingredients

- 10 cubes ice cubes
- 1.5 cups milk
- 6 ounce orange juice concentrate frozen canned
- 0.5 cup sugar
- 1 teaspoon vanilla extract

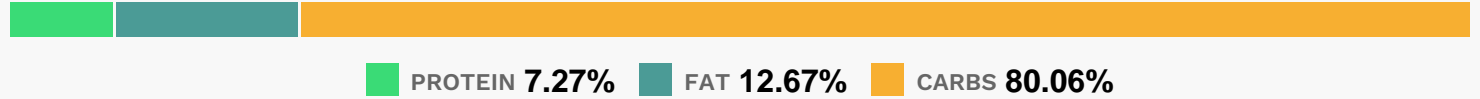
Equipment

- blender

Directions

- In a blender, combine orange juice concentrate, milk, sugar, vanilla and ice cubes. Blend until smooth.
- Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:38.15, Inflammation Score:-7, Nutrition Score:15.363913168078%

Nutrients (% of daily need)

Calories: 433.93kcal (21.7%), Fat: 6.23g (9.58%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 88.54g (29.51%), Net Carbohydrates: 87.69g (31.89%), Sugar: 84.21g (93.57%), Cholesterol: 21.96mg (7.32%), Sodium: 79.67mg (3.46%), Alcohol: 0.69g (100%), Alcohol %: 0.22% (100%), Protein: 8.04g (16.09%), Vitamin C: 123.32mg (149.48%), Calcium: 260.23mg (26.02%), Vitamin B2: 0.41mg (24.28%), Phosphorus: 236.83mg (23.68%), Potassium: 813.42mg (23.24%), Vitamin B1: 0.34mg (22.44%), Vitamin B6: 0.33mg (16.66%), Vitamin B12: 0.99µg (16.47%), Folate: 65.49µg (16.37%), Vitamin D: 2.01µg (13.42%), Magnesium: 52.67mg (13.17%), Vitamin A: 618.79IU (12.38%), Vitamin B5: 1.16mg (11.6%), Zinc: 0.9mg (6%), Selenium: 4.12µg (5.88%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.6mg (4.01%), Copper: 0.07mg (3.41%), Fiber: 0.85g (3.4%), Manganese: 0.05mg (2.74%), Iron: 0.31mg (1.71%)