

Orange Smoothie



Vegetarian



Gluten Free



Popular

READY IN



2 min.

SERVINGS



4

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 10 cubes ice cubes
- ☐ 1 cup milk
- ☐ 6 ounce orange juice concentrate frozen canned
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 0.3 cup sugar white

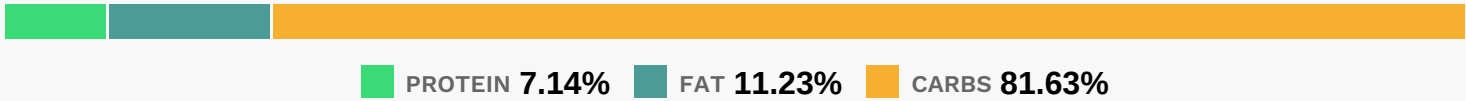
Equipment

- ☐ blender

Directions

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

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:12.72, Inflammation Score:-5, Nutrition Score:7.7917390297288%

Nutrients (% of daily need)

Calories: 166.58kcal (8.33%), Fat: 2.11g (3.25%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 34.12g (12.41%), Sugar: 32.32g (35.92%), Cholesterol: 7.32mg (2.44%), Sodium: 31.12mg (1.35%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 3.02g (6.04%), Vitamin C: 61.66mg (74.74%), Potassium: 360.79mg (10.31%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.16mg (9.57%), Calcium: 94.29mg (9.43%), Phosphorus: 87.61mg (8.76%), Folate: 32.74µg (8.19%), Vitamin B6: 0.15mg (7.4%), Magnesium: 23.26mg (5.82%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 259.99IU (5.2%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.33mg (2.2%), Copper: 0.04mg (2.13%), Selenium: 1.43µg (2.04%), Vitamin E: 0.29mg (1.9%), Fiber: 0.43g (1.7%), Manganese: 0.03mg (1.29%)