



Orange Smoothies



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 4 cups vanilla yogurt frozen softened
- ☐ 0.3 cup milk
- ☐ 1 slices cranberry-orange relish
- ☐ 0.5 cup orange juice concentrate frozen thawed

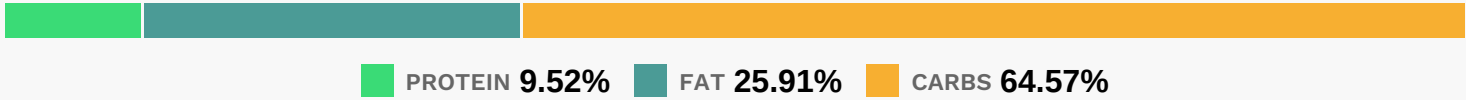
Equipment

- ☐ blender

Directions

- ☐ Place yogurt, juice concentrate and milk in blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until thick and smooth.
- ☐ Pour mixture into 4 glasses.
- ☐ Garnish with orange slices.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:11.039130524449%

Flavonoids

Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 292.3kcal (14.61%), Fat: 8.64g (13.3%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 48.03g (17.47%), Sugar: 46.16g (51.29%), Cholesterol: 4.71mg (1.57%), Sodium: 133.56mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.29%), Vitamin C: 54.49mg (66.05%), Calcium: 239.57mg (23.96%), Vitamin B2: 0.41mg (23.95%), Phosphorus: 223.31mg (22.33%), Potassium: 556.34mg (15.9%), Vitamin B5: 1.19mg (11.93%), Vitamin B6: 0.22mg (10.95%), Vitamin B1: 0.16mg (10.83%), Vitamin A: 472.4IU (9.45%), Folate: 37.03µg (9.26%), Magnesium: 34.76mg (8.69%), Vitamin B12: 0.5µg (8.33%), Selenium: 5.2µg (7.43%), Zinc: 0.73mg (4.84%), Vitamin B3: 0.83mg (4.13%), Copper: 0.08mg (4.01%), Iron: 0.55mg (3.07%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.31µg (2.08%), Manganese: 0.04mg (1.79%), Fiber: 0.44g (1.76%)