



Orange Smoothies

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

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

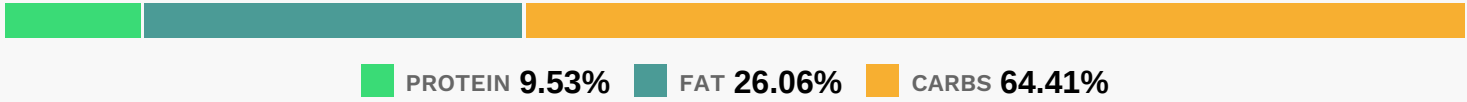
Equipment

- ☐ 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:9.5, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:10.85478270313%

Nutrients (% of daily need)

Calories: 290.65kcal (14.53%), Fat: 8.64g (13.29%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 47.7g (17.35%), Sugar: 45.84g (50.93%), Cholesterol: 4.71mg (1.57%), Sodium: 133.56mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.22%), Vitamin C: 52.63mg (63.79%), Vitamin B2: 0.41mg (23.87%), Calcium: 238.17mg (23.82%), Phosphorus: 222.82mg (22.28%), Potassium: 550.01mg (15.71%), Vitamin B5: 1.18mg (11.84%), Vitamin B6: 0.22mg (10.84%), Vitamin B1: 0.16mg (10.63%), Vitamin A: 464.53IU (9.29%), Folate: 35.97µg (8.99%), Magnesium: 34.42mg (8.6%), Vitamin B12: 0.5µg (8.33%), Selenium: 5.18µg (7.41%), Zinc: 0.72mg (4.83%), Vitamin B3: 0.82mg (4.08%), Copper: 0.08mg (3.93%), Iron: 0.55mg (3.05%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.31µg (2.08%), Manganese: 0.03mg (1.75%), Fiber: 0.35g (1.42%)