

# Orange Snowman

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

## Ingredients

- 14 cubes ice cubes
- 0.5 cup milk
- 6 ounce orange juice concentrate frozen canned
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract
- 0.5 cup water

## Equipment

- blender

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:17.99, Inflammation Score:-4, Nutrition Score:6.7943476697673%

## Nutrients (% of daily need)

Calories: 178.93kcal (8.95%), Fat: 1.16g (1.79%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 40.93g (14.88%), Sugar: 39.11g (43.46%), Cholesterol: 3.66mg (1.22%), Sodium: 18.79mg (0.82%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 2.02g (4.04%), Vitamin C: 61.66mg (74.74%), Potassium: 314.47mg (8.98%), Vitamin B1: 0.13mg (8.94%), Folate: 32.74µg (8.19%), Vitamin B2: 0.12mg (7.16%), Vitamin B6: 0.13mg (6.46%), Phosphorus: 56.77mg (5.68%), Calcium: 56.34mg (5.63%), Magnesium: 19.39mg (4.85%), Vitamin A: 210.58IU (4.21%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.16µg (2.74%), Vitamin B3: 0.5mg (2.49%), Vitamin D: 0.34µg (2.24%), Copper: 0.04mg (2%), Vitamin E: 0.27mg (1.8%), Fiber: 0.43g (1.7%), Zinc: 0.2mg (1.36%), Selenium: 0.9µg (1.29%), Manganese: 0.02mg (1.19%)