

Frosty Orangeliciousness

Ingredients:

- 1/2 cup fat-free vanilla ice cream
- 1/2 cup orange juice
- 1 orange, peeled and frozen
- 1 teaspoon orange zest (optional)

Directions: Place all ingredients in a blender, blend until smooth, and enjoy!

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-2-08

Nutrition Facts	
Serving Size @ 1 1/4 cup (326g)	
Servings Per Container 1 serving	
Amount Per Serving	
Calories 250	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 59g	20%
Dietary Fiber 4g	16%
Sugars 32g	
Protein 5g	
Vitamin A 15%	• Vitamin C 50%
Calcium 20%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	